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Men's Fitness

**BUILD
A SURFER'S
6-PACK**
(without getting wet)

**WAKE UP
ENERGISED**
Biohacking for
beginners
p58

**THIS MAN
CAN MAKE
YOU**

STRONG

**AND
LEAN IN
15 SIMPLE
STEPS***

*The proof: 30,000 people transformed by Instagram fitness guru Joe Wicks

**THE BRUCE LEE FLIP
AND 49 OTHER PHYSICAL
SKILLS TO MASTER** p66

**MAKE
MUSCLE
BUILDING
WAFFLES**

**WHY BICEPS
CURLS ARE
BACK** p36

**BOSS YOUR
5-A-SIDE IN
6 MOVES** p132

**INJURY-PROOF
RUNNING SHOES**
p44

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HEART RATE ON YOUR WRIST

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Murphy's Law says that if something can go wrong, then it will. Laugh in Murphy's face and follow our guide to preparing yourself for any mishap in life

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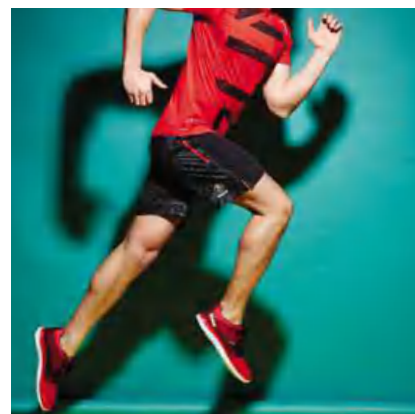
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Big trainers are back - and they'll protect your feet from anything you throw at them **p44**

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Staying healthy, for most people, is a confusing business. Blame the 24-hour news cycle, the rise

of 'clickable content' or whatever else you like - the relentless info-barrage of conflicting advice often leads to what I've literally just decided to call 'fit-igue', that weird state of apathy characterised by going, 'Oh, well, they change their minds every two weeks, don't they? They'll probably decide cake's healthy next.' Then inhaling a Victoria sponge.

Well, no. They don't change their minds every two weeks. Among those who take it seriously, the principles - eat more veg and protein, move about a bit more, don't inhale cake - are pretty well established. And that's where Joe Wicks comes in.

Although there's a touch of Che Guevara about his haircut, his fitness ideas aren't exactly revolutionary. He's all about healthy, easy-to-make meals, short, intense workout sessions and forming habits that last. It's sensible and sustainable, but what's game-changing about it is the way it's delivered. With 385,000 Instagram followers at the time of going to press, Wicks is spreading the word in a way few fitness professionals can. Yes, he's making a lot of money, but he's also giving away a lot of advice for free - and with no-one seemingly capable of doing anything about the obesity crisis, maybe he's just what we need. Find out more on p50.

For men who've gone beyond the self-improvement basics, of course,



Has Joe Wicks helped you improve your body and performance? Do you have a different online inspiration? Get in touch to let us know about this or any other fitness issue @MensFitnessMag

there's plenty more in the issue. We've been trying biohacking (p58), running in the latest 'maximalist' shoes (p44) and subjecting ourselves to chaos-based workouts to see what works best (p139) - plus we've been road-testing the all-new FitBrit challenge to ensure that it's a worthy test for the UK's fittest people (p84). We've

assembled a list of skills you should get around to mastering (p66) and taught ourselves to plan for the worst (p78). It's an issue packed with advice. We just hope there's not too much of it.

Joel Snape



@joelsnape

IN THIS ISSUE Just some of the knowledgeable pros you'll find in *MF* this month



JOE DeFRANCO PERFORMANCE ENHANCER

DeFranco's Gym in Texas is, simply, where you go if you want to improve. DeFranco himself is

known for his hugely impressive ability to get the most out of athletes at any stage of their career, from coaching NFL hopefuls through the punishing combine test to helping WWE legend Triple H get stronger in his 40s. Read his advice on p30.



ANDREW COTTON TIDE RIDER

Cotton towed Garrett McNamara out to surf the official Guinness World Record 78ft

(23.7m) wave off Portugal in 2012. When McNamara returned the favour, Cotton caught a wave generally agreed to be even bigger - but sadly, the Guinness bods weren't present to make it official. Find out how he trains for these feats on p125.



DAVID JACKSON MINDSET MASTER

Former pro rugby union player Jackson is part of the team at Oneathlete, coaching top sportsmen

and women to new levels of performance. He focuses on 'performance mindset and lifestyle mentoring' to develop physical and mental strength and agility - and he can help you master impressive skills including the human flag (see p68).

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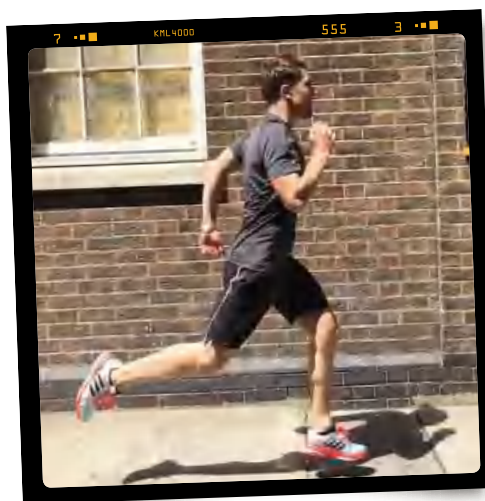


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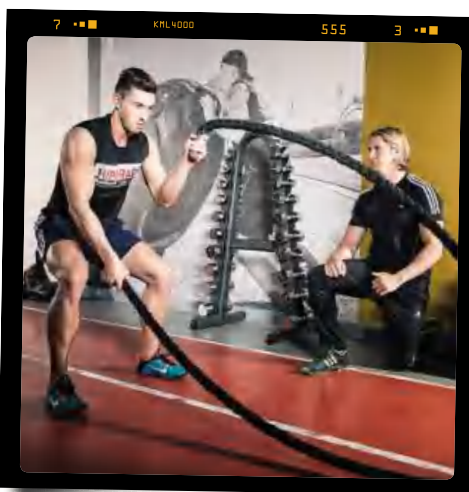
THE MFEERS

The staff and readers of *Men's Fitness* are always in the thick of the action



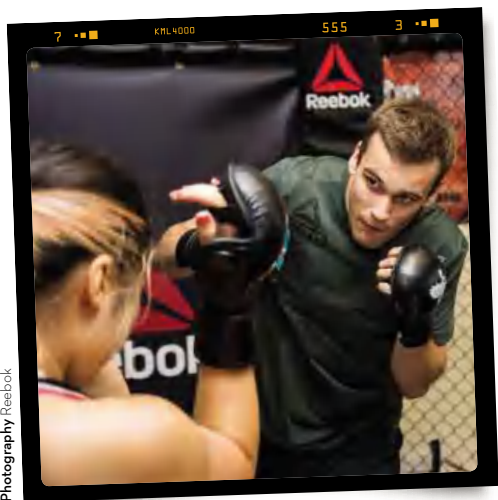
Max, head of digital content #wellupholstered

If you're still running barefoot, you're behind the times – maximalist shoes, with more cushioning than traditional running footwear, are where it's at for 2016. They're meant to be comfy and protective, so I headed out in the summer sunshine to test a few. See the results on p44.



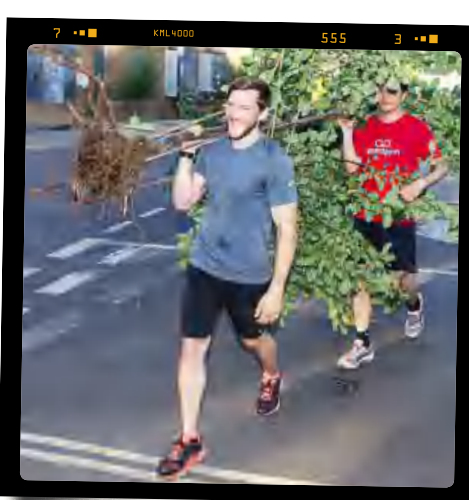
Matt, Optimum Nutrition Upgrader #UPGRADE

Coach Shaun Stafford has been helping me get ready for my first fitness physique competition. Posing in your pants is slightly less terrifying when you've been prepared by Shaun's scary upper-body supersets. Find out more on p76.



Matt, features writer #belikewater

I headed up to Glasgow's premier MMA gym, The Griphouse, to try out some of Reebok's new combat gear. As good as that kit was, it still didn't stop me from taking more than my fair share of knocks when I faced off against Amanda Khouv from *Women's Fitness*.



Nick, feature writer #dontliketotalkaboutit

Is anything more satisfying than a proper workout? How about a proper workout where you've helped others at the same time? GoodGym lets you take part in community projects, like planting trees, while working out – see me flex my social conscience on p120.



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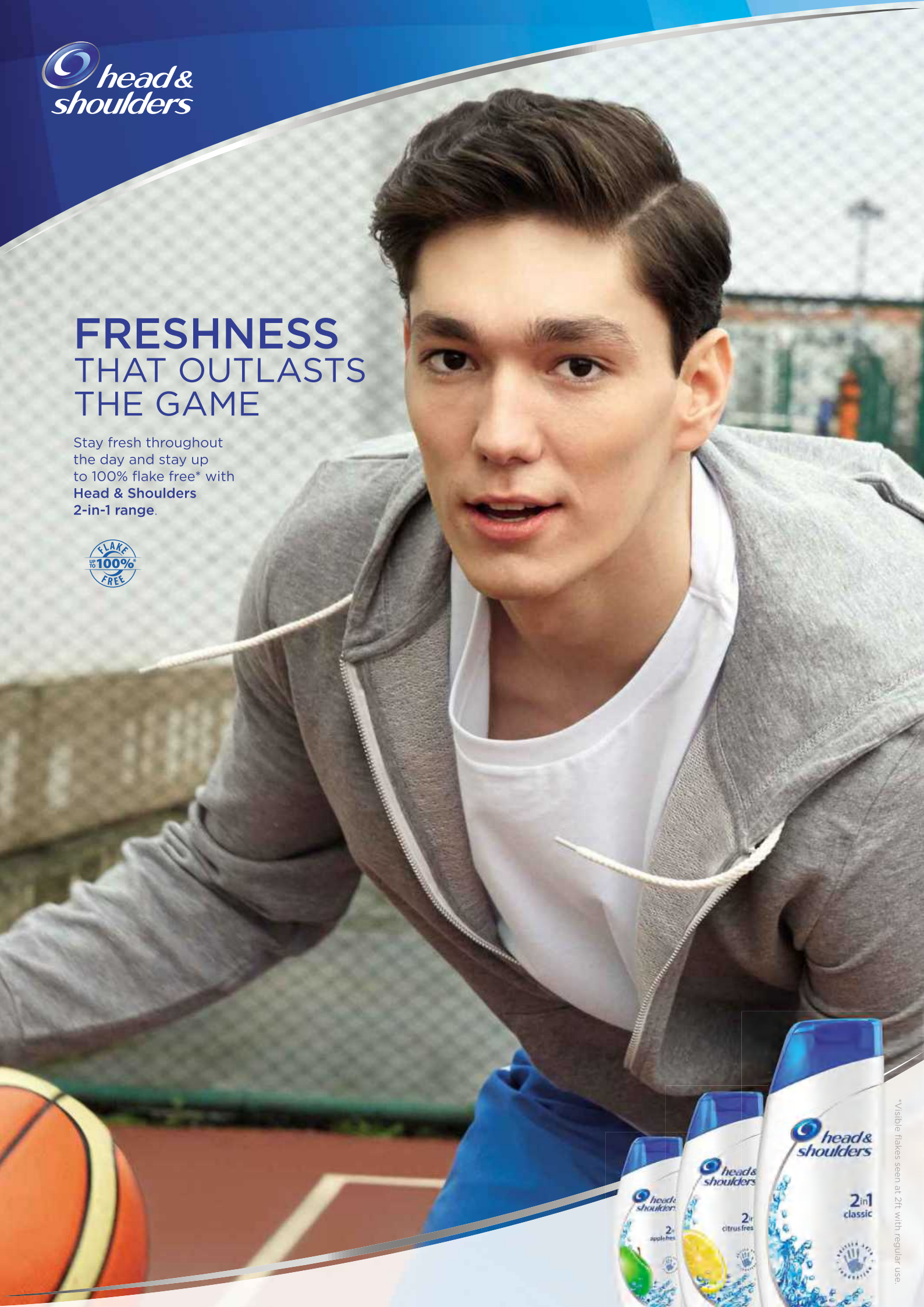


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Q I've heard running can lead to gut issues. What can I do to make sure it doesn't?

Andrew, Devon

Well, short distances aren't known to cause any problems, but an Australian study found that extreme endurance runners – anyone doing four hours of exercise, especially on consecutive days – saw changes in the wall of their gut, leading to intestinal bacteria leaking into the blood. The body's response is similar to a serious infection. People who took on events under-prepared suffered worse, so give yourself plenty of time and build up your distance gradually – the study found that people who did this produced more anti-inflammatory Interleukin-10, helping to reduce the damage.

Q Should I be using the sauna after a tough workout?

Jim, London

Heat from the sauna can soothe sore muscles temporarily, but if you've had an intense session that might not be the best plan. 'When you recover from exercise, your heart rate should come back down to normal,' says physical therapist Patrick Walsh (shift.nyc). 'Sitting in a sauna for more than five minutes is going to keep your heart rate up – it's essentially a form of passive exercise – so it'll delay your body from starting its recovery process.' Save it for a light training day.

Q How can I train for trail runs if I live in a city?

Imran, Bristol

'Trail running requires increased stability and balance that you're not going to get pounding the pavement,' says running coach George Anderson (bygeorgeanderson.com). 'Add in some "hill sprints" up flights of stairs, but be careful to build these in gradually as they can take their toll on calves and knees. You can also develop balance in the gym. Do two or three sets of single-leg squats, using a Bosu ball for an extra challenge.'

MFAQ

EVERY MONTH WE ANSWER THE KEY FITNESS QUESTIONS

Going meat-free? You'll need to adapt your Paleo plan



Q I'm a vegetarian and I want to try the Paleo diet. Will I be able to get enough protein?

Aaron, Shropshire

'Just about,' says nutrition expert Anthea McCourtie of You Nutritional Therapy (younutritionaltherapy.co.uk). 'Since grains and legumes are out, you're going to be very reliant on eggs, nuts and seeds. They're all good foods but not lean sources of protein so you could end up with quite a high fat content in your diet.' One solution is to allow lentils and beans – rabid Paleo fans will object, but by soaking them overnight you'll dodge the worst of the toxins that they say you should avoid.



Last issue's issues

Q I've been considering getting a heart rate monitor after reading Muscle Expert (MF August). Which is better, the kind you strap to your chest or the kind that goes on your wrist?

Ben, Solihull

Chest-strap monitors measure the electrical activity of your heart as it contracts. They're accurate enough to let you train effectively in heart-rate zones. Wrist trackers use LEDs to monitor the flow of blood as it pumps under your wrist. There's still debate on how accurate this is, especially during intense training. For now, it's best to opt for a chest version.



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THE BIG PICTURE

Throw caution to the wind

Snowkiting is simple to explain: put your skis on, hold on to a kite and let the wind do the work. That doesn't mean it's simple to do, though – misjudge the wind and you can be in for a bumpy ride. It's a tough sport and the Red Bull Ragnarok is the hardest race to test your skills in. Photographer Mats Grimsæth used a wide-angle lens to include as many of the kites in the shot as possible. 'The sharp light of the sun was the biggest challenge with this photo,' says Grimsæth. 'I had to factor in the fact it would bounce off the snow and fill the shadows.' Don't be fooled by the serenity of the image – just four out of the 300 entrants managed to finish. We can't imagine the afterparty was much fun.







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P26 UNTANGLE BATTLE ROPES **P43** THE BEST EXERCISE HEADPHONES **P44** MAXIMALIST SHOES



Egg's benefits

Pair yolks with colourful veg for a match made in heaven

When choosing a salad, remember: Cobb is better than Caesar – and that's proven by science. Why? Carotenoids are thought to prevent some forms of cancer and heart disease, as well as boosting your immune system, and brightly coloured vegetables including tomatoes, leafy greens and peppers are simply brimming with them. However, a new study's found that a large proportion will go unabsorbed unless you have a side serving of eggs. Join us in a minute's silence for all the carotenoids lost over the years while we diligently munched eggless salads, and then spend the next three waiting for your soft-boiled eggs to be done – an eggs can raise the absorption rate by up to three times.

FORM A CUE

Make sure you know what triggers your healthy habits and you'll stick to them

No-one puts 'predictable' on their dating profile, but getting into good habits is worth it. A new study from Iowa State University shows that a routine is easier to stick to if linked to specific cues. Rather than pledging to go to the gym every other day and then beating yourself up if you don't, instead cycle to work if it's sunny or hit the gym before visiting the pub. The *European Journal Of Social Psychology* says that it takes 66 days to form a habit. So pick your cues, be militant for two months and make exercise a Pavlovian response, not a chore.

POWER IN NUMBERS

Studies show exercising in a group can double the amount of pain-dampening endorphins you produce. Take advantage of that boost at one of the best new classes for men



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TEAM GB PRO ATHLETE,
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BEST FOR...
BUILDING MUSCLE
PRIMAL STRENGTH,
LA FITNESS

This strongman-inspired class uses old-school kit such as medicine balls, sandbags and kettlebells to build strength and power. Roaring is most definitely encouraged.

FITNESS NEWS

CALLED TO THE BAR

Soak up vitamin D at a park gym while taking your pull-ups to superhuman level with help from calisthenics coach Jase Robinson (evolutionoffitness.co.uk)

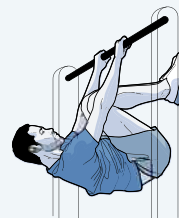
Do each exercise for 15 seconds with a 15-second rest between moves. Do as many rounds as you can, aiming to add two rounds each week. Do it three times a week for rapid progression.



PULL-UP

REPS 3 (MINIMUM)

Using an overhand grip, pull yourself up until your chin is above the bar. Then lower until your arms are straight.



TUCKED FRONT LEVER

TIME 15SEC

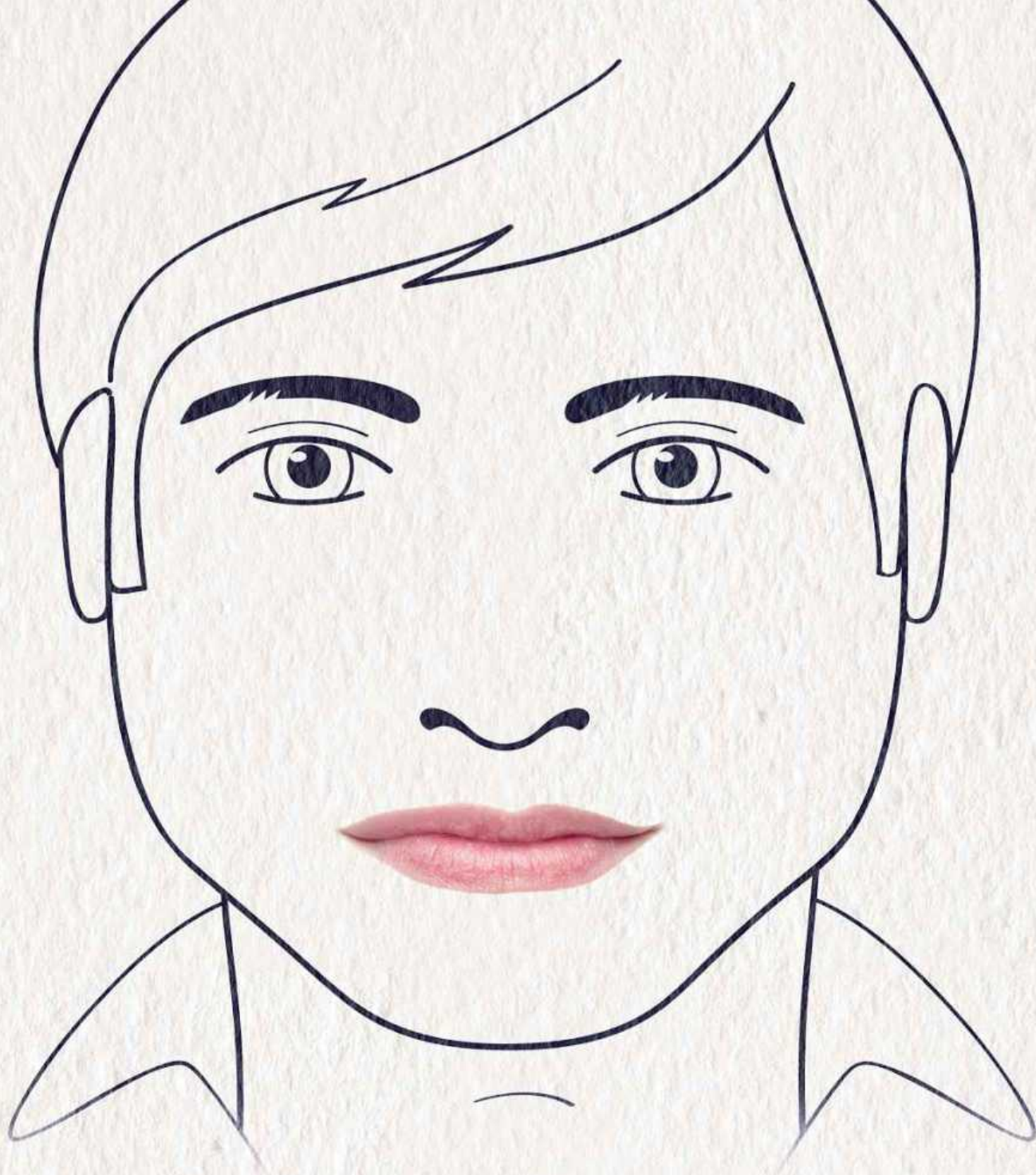
Hang from the bar using an overhand grip, with your back parallel to the floor and your knees tucked up as close to your chest as you can get them.



STRAIGHT-BAR DIP

REPS 3 (MINIMUM)

Hold your body above the bar with arms locked, then lower until your chest is in line with the bar. Push back up to the start position.



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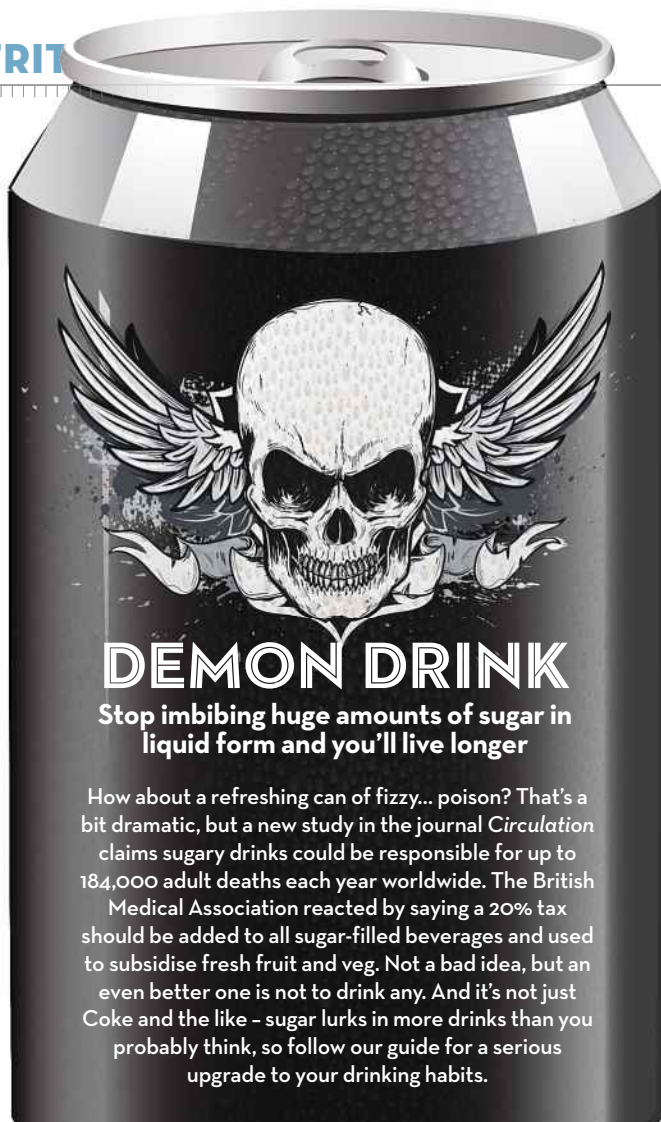
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DEMON DRINK

Stop imbibing huge amounts of sugar in liquid form and you'll live longer

How about a refreshing can of fizzy... poison? That's a bit dramatic, but a new study in the journal *Circulation* claims sugary drinks could be responsible for up to 184,000 adult deaths each year worldwide. The British Medical Association reacted by saying a 20% tax should be added to all sugar-filled beverages and used to subsidise fresh fruit and veg. Not a bad idea, but an even better one is not to drink any. And it's not just Coke and the like - sugar lurks in more drinks than you probably think, so follow our guide for a serious upgrade to your drinking habits.

UNUSUAL SUSPECTS

These drinks shatter the WHO's recommended 6tsp of sugar a day - so swap them for low-sugar options with added benefits

FRAPPÉ COFFEE

11tsp per 500ml

SWAP IT FOR...

fat-burning iced green tea (0tsp)



FLAVOURED WATER

13tsp per 500ml

SWAP IT FOR...

heart-boosting coconut water (4tsp)



FRUIT COOLER

19tsp per 500ml

SWAP IT FOR...

digestion-aiding lemon water (½tsp)



NUTRITION NEWS

*According to a study from Maastricht University

SHELL'S ANGELS



A handful of peanuts a day could lower your chance of dying from major diseases by 21%*. Here are a few smart ways to fit them into your diet

NOODLES



CRUSH and sprinkle them over noodle dishes for a salt-free flavour enhancer

SOUPS



BLITZ and add them to soup as a gluten-free natural thickener

SMOOTHIE



BLEND them with your usual breakfast smoothie ingredients to start the day with good fats

THE NEXT BIG THING

The latest developments in nutrition - explained

WHOLE30



The premise of Whole30 is simple: eliminate anything but wholefoods from your diet for 30 days and then drip-feed other foods back in, paying heed to the difference each makes to your energy, digestion and mood. In reality, it's a bit trickier thanks to a long list of banned stuff, which oddly includes wholefoods such as beans, along with things proven to benefit health such as peanuts, maple syrup and yogurt.

A month may not seem like a long time but completing the challenge is tough (most Paleo diet plans, in contrast, encourage an 80/20 balance between approved foods and indulgences). Research consistently shows most people on restrictive diets fail to stick to them, but if you do have the willpower to stay on Whole30 you'll join the smuggler dieters dropping body fat and brimming with energy.

TL;DR EAT WHOLEFOODS FOR 30 DAYS FOR LASTING FAT LOSS

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"I have been taking **Wellman®** for many years now and I just don't feel the same when I'm not using it. Anyone competing or living a healthy lifestyle should consider **Wellman®** in their life. I'm a champion and I recommend it."

Ashley Theophane

Ashley Theophane

- British Champion 2011 - 2012
- World Welterweight Champion (GBC)
- International Champion (IBO)
- Welterweight World Number 4 (IBF)

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TRAIN LIKE... ASHTON EATON

The American decathlete's gone from destroying every competitor at college level to being the best all-round track and field athlete in the world



WHO?

The 27-year-old American can lay claim to being the world's greatest all-round athlete, having gone from US college decathlon champion to multiple gold medals in global multi-discipline competitions.

WHAT MAKES HIM THE GREATEST?

He's the current Olympic and IAAF world decathlon champion as well as the indoor heptathlon world champ. He also holds the world record in both events, making him a strong contender for greatest all-round athlete of all time. He's expected to defend his decathlon world title at the world championships in Beijing this August.

HE SAYS

'My biggest competitor? Myself, mentally.'

TEN OF THE BEST

The result that took Eaton to the world record

100m.....	10.21sec**
Long jump.....	8.23m**
Shot put.....	14.2m
High jump.....	2.05m
400m.....	46.7sec
110m hurdles.....	13.7sec
Discus.....	42.81m
Pole vault.....	5.30m*
Javelin.....	58.87m
1,500m.....	4min 14.48sec*

Completed in the 2012 US Olympic trials, this performance secured Eaton 9,039 points.
*Eaton's PB

**Eaton's PB and the best ever in a decathlon



BUILD IRON LUNGS

Eaton puts his running success at various distances down to high-intensity intervals. Do this drill twice a week to build cardio fitness while torching fat.

- 5min jog to warm up
- 10x 200m flat-out sprint with 200m jog to recover
- 5min jog to warm down

DEVELOP KILLER CO-ORDINATION

The decathlon's throwing sports require hand-eye co-ordination. Improve yours with this variation on catch from Fraser Horn, an instructor in sports and recreational vision at Pacific University in the US.

- Throw a tennis ball at a wall, catching it with one hand and then the other.
- Increase the power with each throw.
- Introduce another ball. Throw both simultaneously, increasing the power each time.



GET DECATHLON POWER

Explosiveness is a prerequisite for multi-discipline success. Repeat this circuit three times

MEDICINE BALL SQUAT JUMP

Reps 15

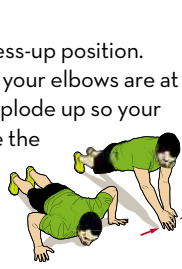
Stand with feet shoulder-width apart, holding a med ball. Squat, keeping chin up and chest out. Jump as high as you can, throwing the ball as high as you can.



CLAP PRESS-UP

Reps 10

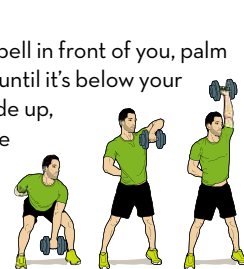
Adopt a press-up position. Lower until your elbows are at 90° then explode up so your hands leave the ground. Clap, then catch yourself.



DUMBBELL SNATCH

Reps 8

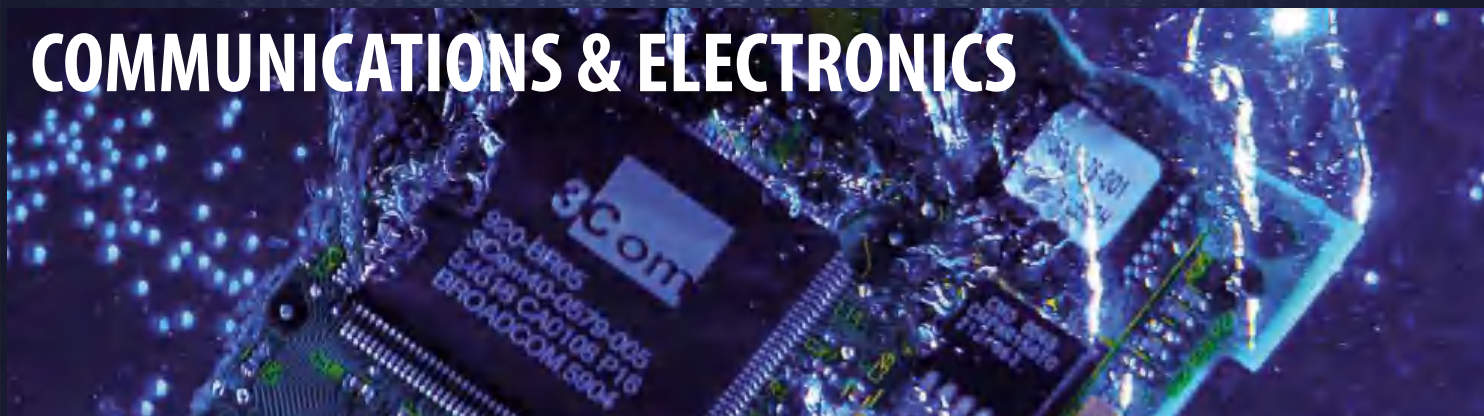
Hold a dumbbell in front of you, palm in, and squat until it's below your knees. Explode up, rising onto the balls of your feet, and pull the weight overhead.





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Push your luck

Back away from the bench. The piston press gives you more stability with none of the drawbacks

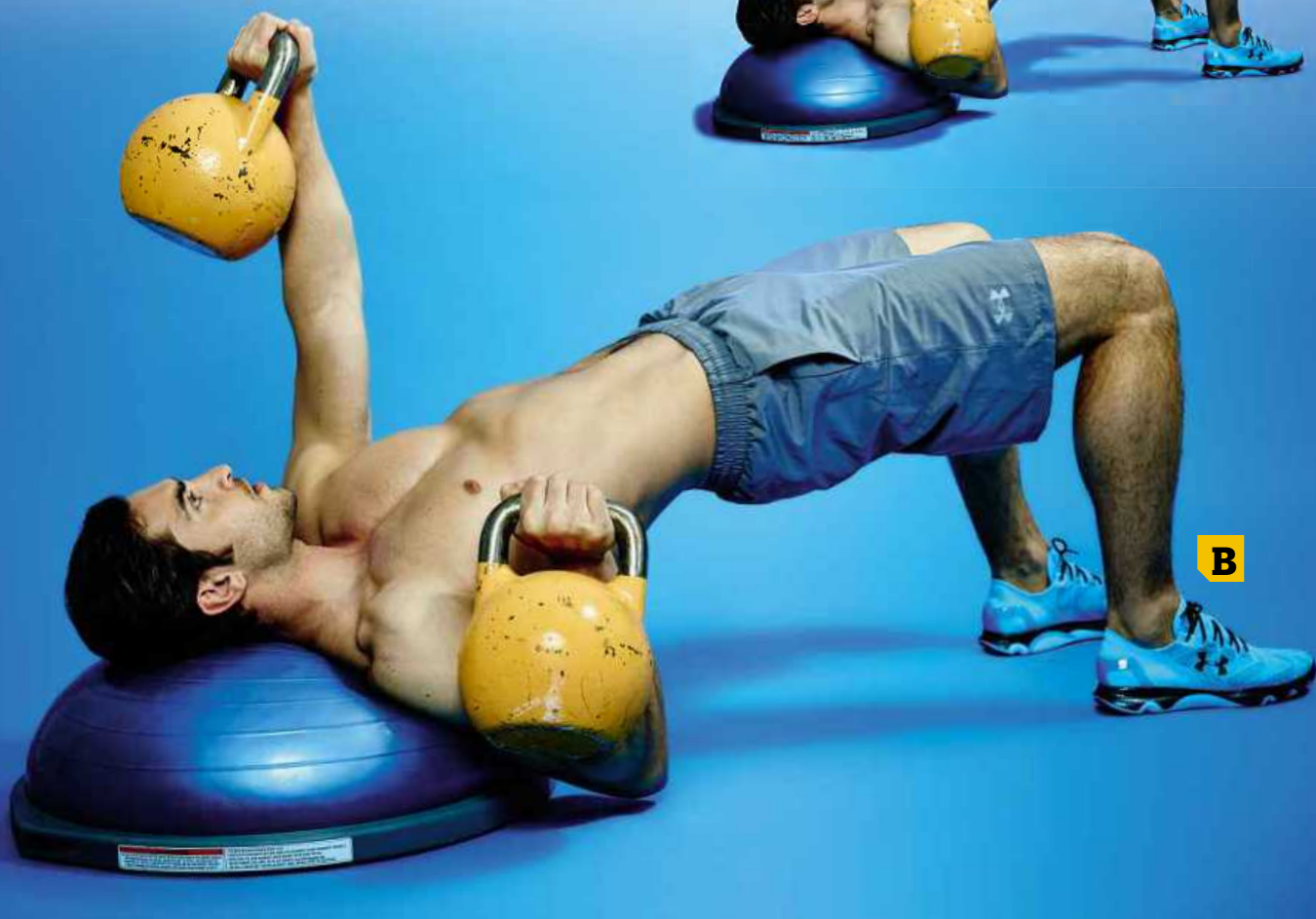
Among trainers in the know, Bosu is often sniggeringly lengthened to Both Sides Useless, and for good reason. By wobbling atop one to do your biceps curls and squats, all you're doing is reducing the amount of weight you can lift, making your workout less effective. Lie down, however, and the perspective shifts.

'Everyone wants to bench as much weight as they can, but that's not great for your shoulders,' says Gym Jones trainer Rob MacDonald (gymjones.com). 'It's better to increase the challenge of the move, without lifting more weight, to work your muscles harder.' You'll do this via the piston press, a move that forces you to brace and push at the same time. In stable condition? You will be.

How to do it

SETS 3 REPS 8 EACH SIDE REST 60SEC

Lie on a Bosu - cushioned part upwards - with a kettlebell in each hand. With both feet on the floor, bridge up until your hips are in a straight line. Then press one kettlebell at a time overhead.



PERFECTLY TIMED MUSCLE

Your workout's effectiveness depends on when you do it. Time your training sessions and watch your gains rocket

07:00

BURN FAT EARLY

Save breakfast until after you run: according to a study in the *British Journal Of Nutrition*, when subjects were fasted during morning cardio they burned

20% more fat than when they had a meal beforehand. As you fast overnight your body conserves its precious carb stores and mobilises fat for fuel, so go for a steady-state jog.

12:00

HIIT IT HARD

Midday is when your endurance levels go up by 4%, according to a University of Texas study, and it's also when your pain tolerance is highest. Capitalise on both with

a high-intensity session that'll have you in and out of the gym within your lunch break. Warm up for five minutes, then do 20sec sprint/40sec recovery intervals on the bike for ten minutes.

18:00

GET STRONG

You might be tired from the working day (and your mental focus may be dropping fast) but this is when your strength levels peak - so hit the gym as

close to this time as possible to maximise your gains. Keep things simple: five sets of five in the bench press, squat or deadlift will build strength while minimising injury risk.

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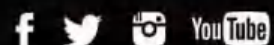


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Brusch with greatness

An Italian classic transformed into a meal so healthy it should need a prescription



A slice of culinary simplicity, bruschetta's only failing is one shared by many Italian dishes: refined, blood-sugar-spiking carbs. This healthy twist ditches the white bread base in favour of low-

GI sweet potatoes to give a slow, sustained release of energy as well as a rich source of betacarotene. The anti-inflammatory basil topping also helps battle DOMS. *Bellissimo.*

SWEET POTATO BRUSCHETTA

INGREDIENTS (SERVES 1)

2 medium-size sweet potatoes / 2tbsp rapeseed oil / 1tsp sea salt / 2 handfuls of plum tomatoes, chopped / 10 basil leaves, chopped / 1 garlic clove, finely sliced / 2tbsp olive oil / 1tbsp white wine vinegar

TO MAKE

- Preheat the grill to a medium heat.
- Peel the sweet potatoes, slice lengthways into 1cm-thick pieces, and toss with the rapeseed oil and some of the sea salt.
- Lay the potato slices under the hot grill and cook for four minutes on each side.
- While your sweet potatoes are grilling, mix the tomatoes, basil, garlic, olive oil, vinegar and the rest of the sea salt.
- Serve on top of the grilled potatoes.

CALORIES

732

PROTEIN

6g

CARBS

56g

FAT

60g

TOMATOES
provide
LYCOPENE,
which IMPROVES
BONE HEALTH

RAPESEED OIL provides
ESSENTIAL
FATTY ACIDS,
which MAINTAIN
HEART HEALTH

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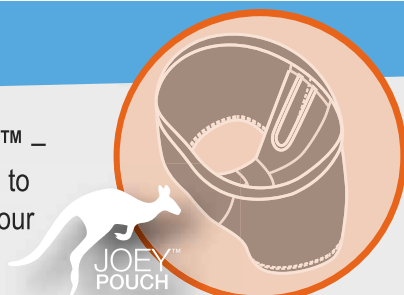


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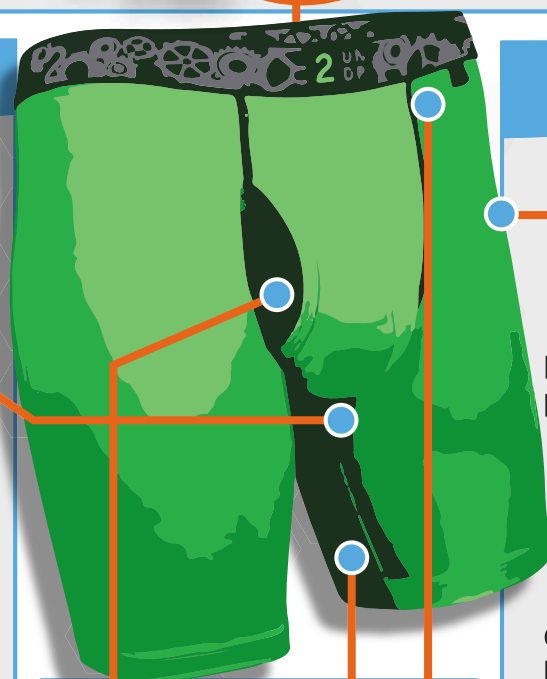


Made from the finest fabrics, the **Joey Pouch™** has been designed to boost ventilation and deliver the perfect fit while preventing unwanted skin contact.

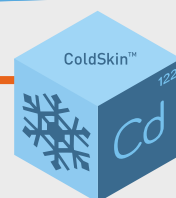
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KEEP IT FLY



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Keep it up with the 2UNDR, roll resistant waistband. This premium 3cm strip uses the highest quality yarn to create a reinforced yet soft and flexible band.

2UNDR is designed for everybody, whether they are looking to compete like an Olympian on the field, become a Boss in the boardroom or a Don Juan in the bedroom.



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☒ **POWER**

☒ **CONDITIONING**

☒ **GRIP**

HOW TO USE... BATTLE ROPES

Think you know the ropes? Think again. Go beyond the standard slams for a full-body workout that'll torch fat for 24 hours

If you've seen battle ropes – the attention-seeker's best gym buddy – in action, chances are you've caught one of two moves: the all-out slam beloved of MMA fighters, and the interpretive dance-like wave favoured

by ladies (and men) who prefer not to sweat. There's definitely more to them than that. With the right moves, these heavy ropes can test your body from every angle, turning a shoulder-and-arms workout into a full-body

fat burner. Use this 12-minute blast, created by personal trainer James Adamson, as a finisher: do each move for 20 seconds, rest for 40, and move on to the next move. Do the whole routine twice. Enough rope? It will be.



1// BICEPS WAVE

Keeping the rest of your body still, wave the ropes as fast as possible, focusing on high reps and high amplitude. It'll prime your muscles for what's to come.



2// LATERAL WHIP

With a slight bend in your elbows, bring the ropes up as if you're doing a lateral raise, keeping your thumbs pointing slightly forward. Then whip them downwards. Continue to do your raises at speed.



3// OUTSIDE SPIRAL

With alternate arms, make outward circles so that the rope moves like a corkscrew, working your shoulders and rotator cuffs.



4// LYING T

Lie face down with your arms forming a T-shape, then move them up and down as if you're preparing for liftoff. It'll work your lower back and shoulders.



5// RUSSIAN TWIST

A variation on a classic. Sit with your legs straight and hands together with a rope in each. Brace your core, then twist to touch the ropes on one side of your body, then the other.



6// JUMPING SMASH

The grand finale. Jump up and bring both ropes down together, aiming for high amplitude. Repeat with as much height and velocity as you can manage – it's only 20 seconds.

QUINTUPLE THREAT SAMANTHA MURRAY

Find out how the modern pentathlon world champion became a master of five sports – and why *Game Of Thrones* gets sword-fighting so wrong

Lancashire-born Samantha Murray blends physical fitness with the killer skills of a sword-wielding, pistol-toting assassin. After winning gold in last year's world championships, she's the queen of modern pentathlon, which involves fencing, a 200m swim, showjumping and a final event combining pistol shooting with a 3,200m cross-country run. Ahead of August's European championships in Bath, Murray reveals the secrets of modern, multi-functional fitness.

What's the typical reaction when people hear you're a modern pentathlete?
I usually have to explain that modern pentathlon is one of the oldest sports of the modern Olympics. The International Olympics Committee founder Pierre de Coubertin had a military background and the story goes that modern pentathlon mirrors what a soldier had to do to get a message to his captain – from sword-fighting to riding a horse. It looks random but the aim is for the ultimate all-round athlete who has physical, mental and technical skills.

Fencing is the pentathlon's most technical sport – what's the key to winning?
Good balance. You make an L-shape with your feet, which isn't natural, so you have to train your balance. You practise technique but it takes hours to build those instant reflexes. It's a tough workout too – the kit is virtually bulletproof so it's very heavy, but I love the combat element so it's easy to forget how sweaty I'm getting.

Is shooting as easy as it looks in movies?
No. You need to co-ordinate your breathing while controlling the trigger squeeze and focusing on the sights. People shooting handguns in films look ridiculous. There's no way anyone could fire a gun like that while riding a horse or running around. It's the same with sword-fighting – I'm hooked on *Game Of Thrones* but I cringe when I see them fighting. There's no way you can swing massive swords like that – they'd all have died in the first season!

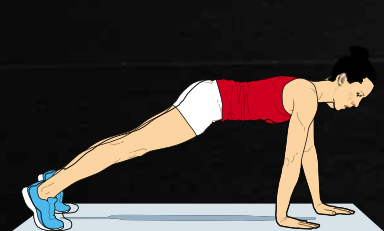
What's your typical training schedule?
I balance three or four sports per day, doing cardio stuff in the morning – gym

work, running and swimming – and technical things in the afternoon – horse riding, shooting or fencing. That's my routine from Monday to Friday. On Saturday morning I run and then I'm off for the rest of the weekend.

How important is gym work?
It's crucial. I do core work every day and weights twice a week. At the moment I usually do three sets of five deadlifts at my max to build glute power before the championships. In the winter I might do 100 reps but with minimal weight. I don't use many machines – as long as I have a squat rack for Bulgarian split squats and split squats, and a pull machine for upper-body work and rows, I'm happy.

Talk us through your victory in the world championships last year...
I didn't start well so then I just thought, 'Fuck it, I'm here to fight for what I want'. The warrior came out of me and I was screaming at everyone. **Learn more at samanthamurray.co.uk and @samanthamurray**

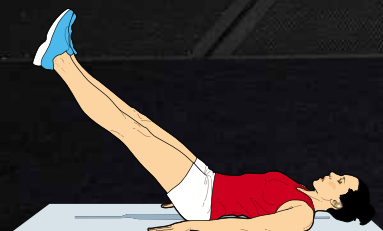
FIVE-WAY ABS Build chiselled abs and killer balance by doing three rounds of Samantha Murray's core workout with as much rest between rounds as you need to fully catch your breath



INCHWORM

SETS 3 REPS 5 REST 1MIN

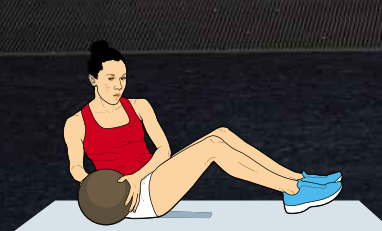
'Standing upright, put your hands on the floor and walk them out slowly until you're in a press-up position, then walk back up again,' says Murray.



LEG RAISE

SETS 2 REPS 10 REST 1MIN

'Lie on your back with your legs held straight up. Lower them to the ground, trying to keep them straight. Then raise them again.'



MEDICINE BALL TWIST

SETS 2 REPS 10 EACH SIDE REST 90SEC

'My favourite exercise. Sit with your knees bent and your feet off the floor, holding a medicine ball. Manoeuvre the ball from side to side.'



**'THE WARRIOR CAME
OUT OF ME AND
I WAS SCREAMING
AT EVERYONE'**



How can I lift heavy with zero risk?

THE EXPERT



NAME
JOE DEFRANCO

SPECIALITY
STRENGTH & CONDITIONING

DeFranco says that you can get serious strength results without hitting one rep maxes or wrecking your joints

Hheavy weightlifting can be problematic for guys in their 30s and 40s. Tight pecs, rotator cuff issues, lower-back pain and hip and knee injuries are common - and can be easily aggravated. To help, I devised the Built 2 Last system to allow trainees to get stronger, add muscle and even become leaner.

Before starting, though, spend ten minutes doing mobility work, along with activation work for your back [see the box, right]. Warm up to lift - don't lift to warm up.

I recommend two upper-body sessions per week with one lower-body one in between. Each workout starts with one main lift, superseded with a high-volume low-intensity exercise to work opposing muscles. This is followed by a strength capacity circuit of

three to five exercises with relatively heavy weights for low reps to build strength while getting a cardio boost.

Joint venture

A typical main lift for the first upper-body session would be a close-grip bench press,

superseded for four sets of four with an isometric upper back hold, with two minutes' rest between sets. Start at 70% of your one-rep max and work up to 85% over the following weeks. Twin it with a YWT (where you lie face down with your arms off the ground in Y, W and T positions for 30 seconds each) to strengthen your upper back. For the strength capacity circuit, group a weighted press-up with a row variation, a lateral raise variation and a plank.

For the lower-body workout, pick a unilateral exercise such as a rear foot elevated barbell split squat for the main lift. Superset it with a compound lift such as a squat or deadlift, lifting between 50% and 60% of your one-rep max. Because you've already fatigued your

legs individually, the weight you can lift in the squat or deadlift is limited, reducing joint pressure. For the strength capacity circuit, group a barbell hip thrust with a calf raise and a core move such as a dumbbell side bend.

For the final upper-body session, use a shoulder or chest dumbbell press for the main lift. Superset it with a high-volume upper-back exercise such as a single-arm lat pull-down, followed by another strength capacity circuit.

By working on mobility in your warm-ups and structuring workouts to reduce strain on your joints, you'll get stronger without getting injured and improve your movement and posture in everyday life.

Get the Built 2 Last e-book at defrancotraining.com/shop

WARM WELCOME

Add these mobility exercises to your warm-up on upper-body days to activate inhibited muscle groups and improve your range of motion

Y-HANDCUFFS

REPS 10

Lie with your feet raised and arms in front. Bring your hands to your lower back with palms up, and push your elbows up.



KNEELING THORACIC EXTENSION-ROTATION

REPS 10 EACH SIDE

Kneel, put a hand behind your head and rotate down and across till the elbow hits the opposite knee. Return, rotating as far behind as you can.



PRONE BAND SHOULDER ROTATION

REPS 10

Lie with a resistance band taut in both hands with arms extended. Move the band over your head and down to the base of your back.



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When your nerves start to fray, don't let stress make you snap

Is stress affecting my performance?

THE EXPERT



NAME
PROFESSOR VINCENT WALSH

SPECIALITY
STRESS

Walsh, the head of UCL's institute of cognitive neuroscience, says you can train to make better decisions under stress – and improve performance

People have always tried to draw a distinction between the physical and mental states. However, there's plenty of evidence to suggest that physical depletion really has an affect on your ability to make decisions and vice versa.

When you're operating at the very top end of your abilities, your performance is really dependant on your mental state. Every athlete is thinking about what they're doing to some degree and if you're dealing with immediate or long-term stresses that's going to effect how you execute really simple things.

The good news is that you can learn to improve how you handle stress. But when I say 'learn', there's nothing you

can get from a book or the internet that'll help you become better at it. If you want to improve your performance you've got to go out and train in situations that are stressful and have consequences. This is something professional athletes do all the time.

There are things that can be practised, things that affect your skills that you can put into operation.

Under pressure

For example, it might be a good idea to do your technical sessions after you've drained yourself with a sprint session. In training you need to put yourself under the same kind of physical pressure you'll be under at the end of a game or race. That way you get used to making decisions under physical pressure.

Handling stress in sports is all about how well you can make decisions under pressure. There are two fairly common misconceptions about decision-making. First that it's a single thing, rather

than a process. And second that it's purely influenced by psychological effects.

You can quickly demonstrate the second one on an exercise bike or treadmill. Ever tried to work out how long you've got left or your speed when you're exhausted? When you're really pushing it, your ability to do that simple mental arithmetic is blown away.

This is one of the reasons you'll sometimes see top athletes making basic errors in important situations – they're trying to deal with mental pressure on the fly rather than having a plan. The people who thrive on that competition on the day are the ones who've trained in those situations already so that they can understand and respond to it.

TWO-STEP STRESS RELIEF

'You can improve how you deal with stress, and therefore your performance, in a matter of hours,' says Walsh. 'There are two simple things that will immediately make a difference.'



GLUCOSE CHECK

'The first thing to address is glucose. The more you deplete that, the more your physical and mental capabilities are hampered.' When you're depleted, replenish with unprocessed carbs – potatoes and rice will work.



QUICK RESPONSE

'You need automatic response patterns to deal with issues. For example, if you go 30-love down in a tennis match, you should already know your response. Perhaps it's to drag out the rallies and make your opponent run. But if you're trying to think and play, then both will suffer.'

**SIGN UP
NOW!**



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Men's Fitness



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Andy McTaggart posted a blistering time of 6min 25sec in the first Optimum Fitness Challenge. If you think you can relegate that record to the history book, sign up to take on the second Optimum Fitness Challenge, which will be held on 3rd October 2015. For more information visit mensfitness.co.uk/upgradeyourfitness.

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MENSFITNESS.CO.UK/UPGRADEYOURFITNESS



Is it worth eating fortified foods?

THE EXPERT



NAME
DR DUANE MELLOR

SPECIALITY
HEALTH AND NUTRITION

Nutritionist and British Dietetic Association spokesperson Mellor explains why adding nutrients to your foods isn't always a good thing

Fortifying food with nutrients and vitamins has been happening for a long time – but a recent change to UK food labelling regulations means you can now tell if your food's been fortified.

When butter was unavailable after the first world war, the government called for vitamins A and D to be added to margarine. Since then white flour has been bolstered with calcium, iron, thiamine and niacin; eggs have been enriched with omega 3s; and breakfast cereals, milk and fruit juice are commonly packed with extra goodness.

In the developing world, fortified foods are essential – vitamin A-fortified rice has helped fight night blindness in Africa and Asia. Since 1998 in the US, and 2009 in Australia, flour's been fortified with

folic acid, believed to reduce neural tube defects in fetuses (debate continues over whether the UK should follow suit).

Excess rate

Of course, you can have too much of a good thing. In the US, vitamin D is added to regular

milk, and there are cases of bodybuilders consuming too much, which can affect calcium levels leading to weak bones and kidney problems. Quality of absorption from fortified food isn't always guaranteed either. Unlike the heme iron in grass-fed meat, mineral iron in fortified cereal is hard to absorb unless you consume it with vitamin C.

Well-publicised food deficiencies can be exploited by manufacturers, leading to unhealthy processed foods claiming an unearned healthy status when fortified. The British Nutrition Foundation estimates, for example, that breakfast cereals contribute 20-30% of people's average iron intake – but this is probably because healthier sources are being overlooked.

Like fish oil tablets and protein shakes, fortified foods should supplement a healthy diet. A chocolate bar may be enriched with polyphenols, a phytonutrient linked with better blood flow and performance, but the extra 500 calories from 100g of chocolate won't be good for you.

Extra charge

Processed foods are already a bag of chemicals so don't avoid fortified ones simply because they add more to the mix. They can help you meet your micronutrient requirements – just don't rely on them as your sole source of essential nutrients. A varied selection of wholefood ingredients is the bedrock of a healthy diet. Bonus vitamins should simply be the fortified cherry on top.

STRONG STOMACH

A lack of these micronutrients is common in the UK, but a mix of healthy fortified and natural sources can help

IRON

RISKS Anaemia
RDA 8.7mg for men
FORTIFIED SOURCES Flour, cereal (if consumed with a source of vitamin C)
NATURAL SOURCE 600g spinach

VITAMIN D

RISKS Osteoporosis, heart disease, multiple sclerosis
RDA 400IU in US (no RDA in UK)
FORTIFIED SOURCES Bread, fortified milk, margarine, cereal
NATURAL SOURCE 100g salmon



MAGNESIUM

RISKS Bone mass loss, low energy
RDA 300mg for men
FORTIFIED SOURCE Cereal
NATURAL SOURCE 70g pumpkin seeds

VITAMIN B12

RISKS Osteoporosis, anaemia
RDA 0.0015mg
FORTIFIED SOURCES Milk, cereal, yeast products
NATURAL SOURCE 100g tuna



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Should everyone do isolation exercises?

NO

says **Jesse La Flair**, stuntman and pro freerunner who directed and starred in parkour documentary *From Here To There*



YES

says **Rich Kite**, a strength and conditioning coach and founder of UK Olympic Weightlifting

Muscles are built to work together. In real life, you will rarely ever need just one muscle to fire so it makes no sense to train them to do that. Isolation exercises can be useful for rehabilitation, and if your body naturally favours one side and the other needs to catch up, but in my opinion it's simply insane to spend time doing them just for the purpose of looking a certain way.

When I first started freerunning I was scrawny with a lack of control and balance. While I'm not totally jacked, nowadays I'm cut, functionally strong, and more agile than ever – and I don't do isolation exercises in my training.

Some people see ripped guys with big arms and shredded six-packs, and think the only way to look like that is by going to the gym and doing endless crunches

and biceps curls. For me, those kinds of isolation exercises are boring and smell of desperation. You can still be in incredible shape without ever setting foot in the gym. I train and play in various freerunning facilities and outdoor training spots literally all over the world, and I still have the strength to do one-finger pull-ups.

Unless you have a burning desire to cover yourself in baby oil and flex your muscles in front of a crowd of strangers while wearing a thong, don't waste your time on isolation exercises. Just get outside and move.

I'm constantly finding different ways to engage my body and mind by overcoming the challenges that I set for myself. Yeah, I'm in decent shape, but most importantly I'm having a lot of fun.

fromheretothere.doc.com

'ENDLESS ISOLATION EXERCISES ARE BORING'

In the world of weightlifting, most of our training focuses around full compound movements. However, even in this most functional of sports, there's room for isolation exercises, especially for strengthening joints to increase resistance to injury. With heavy loads going through the body, well in excess of bodyweight,

you need to ensure each joint can function correctly while under these forces. Isolation training will do that.

The shoulder and elbow are common victims of injury, and biceps curls do a great job of helping prevent that, while things like leg extension and hamstring curl machines can be used in conjunction with squats and pulls to finish off a session. Leg machine moves might generally be viewed as vanity exercises but they're actually brilliant for isolating the muscles through a large

range of motion. Single-leg variations are especially good for correcting imbalances.

Your approach to workout programming should be to work with what's in front of

you and do what you can to improve performance. It's important to manage weaknesses so you can continually progress in the most appropriate

way. This may mean the inclusion of isolation exercises. Pretty much everyone will benefit from them – you definitely don't need to be a bodybuilder to make them a key part of your training.

They shouldn't be the main focus of your training day, but adding three sets of 20 curls with a manageable weight will protect your elbows and strengthen your biceps through a full range of motion. That's where isolation exercises can make a real difference. ukolympicweightlifting.co.uk

'ISOLATION TRAINING CAN HELP PREVENT INJURY'

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Should you believe the hype surrounding running-shoe tech?

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alphr.com

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UPGRADE

KIT BAG

GAME-CHANGING FITNESS GEAR AND TECH

Solid sounds

The Fugoo Tough will keep making beautiful music wherever you take it

Most 'rugged' portable speakers are like school bullies: noisy, unpleasant to listen to and not as tough as they think they are. The Fugoo Tough, on the other hand, not only sounds beautiful but it can also survive environments that would make Ray Mears look for the nearest Airbnb. It's sandproof, snowproof and waterproof, and has been tested for drops up to 183cm. It also makes all types of music sound lovely thanks to its two tweeters, two woofers and two passive radiators (for the non-audiophiles, these help distinguish the high-, mid- and low-range frequencies to make all music sound exactly as it should). There are mounts available to attach it to just about anything, while support for Siri and Google Now mean you can get weather updates while mountain biking or find out how much the world weighs while abseiling. And then there's its 40-hour battery life - for comparison, the next best battery for a Bluetooth speaker currently available is 20 hours, and that's at half volume. The waterproof remote (available separately) even doubles as a bottle opener, safely securing the Fugoo Tough's place on our next trip.

£200 amazon.co.uk

Words: Max Anderton | Photography: Henry Carter

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Stash and carry

That gym-signup freebie isn't cutting it. Invest in a pack that your back will love

HERSCHEL BLACK LITTLE AMERICA ▶

£85 topman.com

Classic looks belie the Herschel's practicality. A roomy bag made from thick canvas, it encourages airflow to your back and has a padded laptop sleeve.



TRAKKE KRUKKE ▶

£220 trakke.co.uk

That's a lot to spend, but you shouldn't ever need another backpack. Handmade from waxed cotton with solid steel buckles, the Krukke could outlast you.



TYLT ENERGI+▲

£160 onpointuk.com

A removable battery with three USB slots and a cable tidy system mean the Energi+ turns you into a walking gadget holder with no power worries.



◀ DAINES & HATHAWAY CANVAS

£145 pittardsonline.com

More British than Marmite but without any reason to hate it, this is made from Pittards English leather and weatherproof cotton – and even has brass fastenings.



MONEY SUPER TONE ▶

£60 moneyclothing.com

Large yet lightweight, this brightly-coloured pack combines urban swagger with simple design.

Loops on the sides let you carry a cap without bending it out of shape.



RAINS BLACK RUNNER ▲

£90 rainsuk.com

A sleek polyurethane finish, waterproof zips and a double-fastened top keeps your stuff dry, no matter how Biblically the heavens decide to open.

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SCIENCE OF HEALTHY LIVING

Available from larger Boots stores, subject to availability. *England's all time highest international wicket-taker, 380 test wickets correct at 16 Jan 2015. Source: www.jamesanderson613.com. **Nielsen GB ScanTrack Total Coverage 52 w/e 31 Jan 2015.

1

1 JAYBIRD BLUEBUDS X

£120 *advancedmp3players.co.uk*

With eight hours, these have the best battery life of all the Bluetooth earphones tested. Sound quality is also impressive and could challenge the Sennheisers' audio crown - if the Jaybirds stayed in place long enough to enjoy it. Unfortunately any movement beyond walking soon dislodges them enough to break the seal and reduce fidelity.



2 SENNHEISER OCX 686I SPORTS

£70 *currys.co.uk*

No Bluetooth or coaching features mean a lower price and no chance of the battery dying during a workout - although the cables can get snagged, resulting in mid-exercise earphone-yank. But they won't come out easily, thanks to adjustable wing tips that hold firm whatever size your ears. They also have the best sound of the earphones tested, with thumping bass, distinct mids and crisp treble.



3 MONSTER ISPORT SUPERSLIM

£130 *shopmonsterproducts.co.uk*

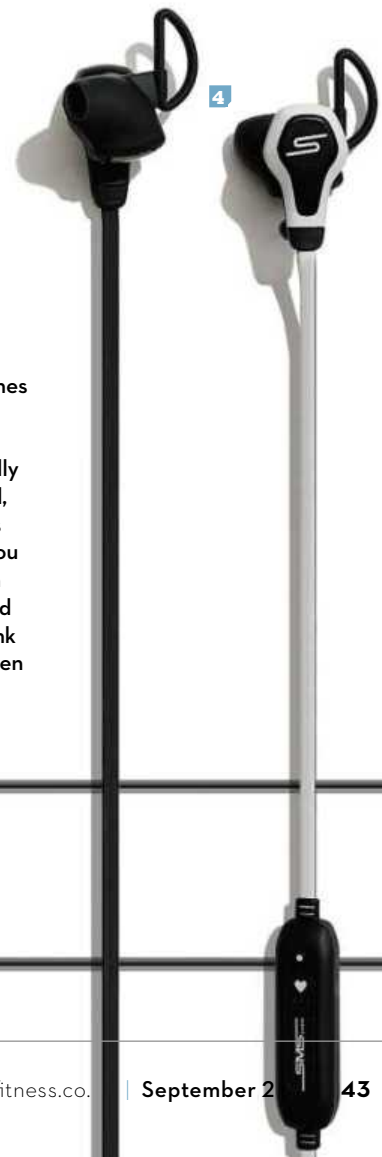
Get past the faff of choosing the right size buds and fins for the perfect fit, and you'll be rewarded with extremely well-fitting wireless earphones. They're also lighter and slimmer than most, meaning the buds stay in place no matter how vigorous your workout gets. Audio performance is fine overall, although the bass lacks punch.



4 SMS AUDIO BIOSPORT

£130 *smsaudiouk.com*

These earphones let you send your heart rate directly to Runkeeper, but you can't set up mid-workout alerts or target zones so you can't use them for proper heart-rate training. Their sound is great, though - only slightly muddy on the highest highs. Smart one-size-fits-all design also means that they stay firmly in your ears.



Best buds

Sports earphones keep upping their game to match yours. These are all sound investments

6 JVC HA-ETR40

£30 *amazon.co.uk*

Like the Sennheisers, these earphones keep the cost down by avoiding Bluetooth, managing to be even cheaper. Low-cost earphones usually suffer from a flat, cluttered sound, but not these JVCs - the sound is rich and well balanced, and while you could forgive a lack of bass depth at this price, you won't have to. And unlike the Sennheisers, earbud-yank isn't an issue because you can shorten the cable, eliminating the excess length from armband to ears.



5 JABRA SPORT COACH

£120 *jabra.co.uk*

When paired with a Jabra app, these Bluetooth earphones act as a coach guiding you through workouts (pre-set or created by you). The Dolby sound is chunky and the fit comfortable, with minimal slippage. Annoyingly, though, the movement tracker that counts steps can't do reps, so you need to tap the earpiece to let it know when a set is complete, while the 'coach' only acts as a glorified timer rather than actually telling you the next move.



Maximalist shoes

With lawsuits and contradictory studies putting minimalist shoes on the back foot, chunky soles are back in fashion. Here are your front runners



ADIDAS SUPERNOVA SEQUENCE BOOST 7

£74 adidas.co.uk

You'll find Adidas's Boost technology in the sole of this shoe – it's the white stuff that looks a bit like polystyrene popcorn and it promises to capture the energy of every step to propel your foot off the ground. In reality, it doesn't have the bouncy effect you might hope for, but it does make this – the lightest shoe in our test at 310g – feel even lighter. So light in fact you might doubt its claim to be a stability shoe if it wasn't for the rigid Stableframe running along its length to prevent flex on the horizontal axis,

PROS Well cushioned yet super lightweight.

Continental Tyres sole provides the best grip on test
CONS Mesh upper is great for airflow, but it lets water in rather too easily. Boost not noticeably different to other sole technology

BEST FOR People with naturally outwards facing feet who need a bit of help getting on the straight and narrow

HOKA ONE ONE CONQUEST 2

£126 sportsshoes.com

Hoka is the leader of the maximalist trend and the One One is its flagship shoe, so it's no surprise this is the chunkiest on test by a long way – its forefoot cushion is bigger than most shoes' heels. That said, it offers a pretty firm feel that's more 'playground asphalt' than the wading-through-cushions effect of previous models, while the curved sole encourages a smooth stride with evenly distributed weight from heel to toe no matter what part of your foot hits the floor first, or heaviest.

PROS 2½ times more cushioning than a standard running shoe. Curved sole minimises energy lost through heavy heelstrikes

CONS No need to be polite – this is one ugly, ugly shoe. Hard to feel changes in the road surface underfoot

BEST FOR Anyone with past injuries caused by the repetitive impact of road running who needs maximum stability and force reduction



BROOKS TRANSCEND 2

£150 brooksrunning.co.uk

The Transcend, an evolution of the manufacturer's Trance trainer, is the most support-heavy shoe Brooks makes. The main difference is size and weight - where the Trance was chunky and heavy, the Transcend is lighter and more streamlined, while providing the same level of support. Its Ideal Pressure Zones disperse impact so you don't end up with one particular part of your foot aching from repeated stress after a long run. Best of all, from the first time you lace it up, the Transcend 2 feels like you've been running in it for weeks.

PROS Padded ankle support and plush tongue create a slipper feel. Shaped to encourage an energy-saving midfoot strike

CONS High price compared with its competitors. Sweat-inducingly warm

BEST FOR Heelstrikers who want a shoe that promotes a mid-foot strike but won't cause injury



NIKE AIR ZOOM STRUCTURE 19

£105 nike.com

Nike's Structure 19 quells any worries about the extra cushioning of a stability shoe coming at the expense of responsiveness. There's enough feedback from the road to know exactly what part of your foot's hitting the pavement, so no need to fear unconsciously falling into bad heelstriking habits. The foam-filled heel reduces the jarring impact without feeling like you're wearing moon boots, while cushioning under the toe helps encourage a speedy, bounding running style that makes this suited to both middle and long distances.

PROS Responsive feel for the road underfoot.

Upper material stops overheating yet also keeps rain out

CONS The tongue slips to the side easily and can then rub a little. The narrow toe box can numb little toes

BEST FOR Style-conscious runners who want to feel the road's surface while still benefiting from some extra cushioning

The bite stuff

Keep a healthy set of gnashers in your head with the proper oral hygiene

HOW IMPORTANT IS FLOSSING?

'If you want to do the best you can for your teeth, flossing is it,' dentist Arjinder Chohan says. Studies have shown it's the most effective way to prevent gum disease and bad breath.



PHILIPS SONICARE AIRFLOSS PRO

£60 johnlewis.com
Pressurised air and fluid (either water or mouthwash) clean between your teeth – perfect if flossing freaks you out or consistently makes your gums bleed.



ORAL-B SATIN TAPE

£2 chemistdirect.co.uk
The king of flosses, Satin Tape is as silky smooth as its name suggests. Sliding it down between your teeth to remove bits of food is effortless and barely perceptible.

ARE WHITENING TOOTHPASTES SAFE?

'Most whitening toothpastes are abrasive by nature and long-term use results in the loss of precious enamel,' says Chohan. Some pastes whiten using less damaging methods, though, including the two below.



SENSODYNE TRUE WHITE

£5.33 for 75ml boots.com
Sensitive teeth are a nightmare, and this solves the problem of your molars overreacting to hot and cold – while whitening with less abrasiveness than other such pastes.



ARM AND HAMMER TRULY RADIANT

£1.50 for 75ml sainsburys.co.uk
Get an American TV-worthy smile using nature's miracle cleaner – baking soda – mined from evaporated natural saltwater lakes in Green River, Wyoming.

WHAT ARE THE BENEFITS OF USING AN ELECTRIC TOOTHBRUSH?

'According to an independent Cochrane review, powered toothbrushes reduce plaque and gingivitis more than manual tooth brushing in the short and long term,' says Chohan.



ORAL-B PRO 6000 SMART SERIES

£115 boots.com

This high-tech brush lets your dentist personalise its settings for your specific needs through a smartphone app that also gives real-time brushing advice.

COLGATE PROCLINICAL A1500

£85 very.co.uk

Sensors in the A1500 automatically adjust the speed and direction of the strokes depending on where it's brushing, so it's tough on plaque and easy on your gums.



THE EXPERT

'People are bombarded by so many dental health products, with the most fantastic claims,' says Arjinder Chohan, principal dentist at Tavistock Dental & Facial Care London (tavistockdental.co.uk). 'A dental professional is best placed to help you pick the products that will benefit you the most.'

WHAT SHOULD YOU LOOK FOR IN A MOUTHWASH?

'Mouthwashes with alcohol in them can make your mouth feel dry so avoid those,' says Chohan. 'Fluoride, chlorhexidine and hydrogen peroxide are the ingredients you should look for because they contribute the most to keeping your teeth and gums healthy.'



CB12

£10 for 250ml

lloydspharmacy.com

This mouthwash uses chlorhexidine to kill the bacteria that cause halitosis, giving you minty fresh breath for up to 12 hours. Plenty of time to get through any date. OK, most dates.



CORSODYL DAILY ALCOHOL-FREE

£4.80 for 500ml

superdrug.com

Avoid the dry mouth caused by alcohol-based mouthwash, while protecting yourself from gum disease with Corsodyl's clinically tested chlorhexidine formula.



THE FINAL COUNTDOWN

Team Sony are in the closing stages of their Tough Mudder preparations and things are getting competitive. Who's the best prepared?

With less than a month to go till their inaugural Tough Mudder, the members of Team Sony - *MF*'s Joel Snape, broadcaster and writer Rick Edwards, Saturdays singer Vanessa White and Amanda Khouv of *Women's Fitness* - have been using the latest tech from Sony to get the most out of their training. But who's the most Mudder-ready?

'Unfortunately, my training this month has been slightly derailed by lots of work trips and time abroad - and all the food and booze that entails,' says Snape. 'But I've been trying to keep on track by walking or running wherever I can and aiming to hit my daily activity targets using the Lifelog app from Sony, which syncs with my Xperia™ Z3 and my

SmartWatch 3 to help track my progress. I don't normally sleep too well when I'm jetlagged, but measuring my sleep cycles with the SmartWatch 3 seems to be really helping. My one concern is seeing how hard the rest of Team Sony are training. Although I'm sure my upper-body strength will get me over, under or through most Mudder obstacles, I hope my cardio's good enough to keep up.'

Things seem to be going a bit smoother over at *Women's Fitness*. 'When I signed up for Tough Mudder, I was hoping it'd give me the motivation to push myself in training,' says Khouv. 'It turns out I was right. I'm being worked hard by a PT on a weekly basis, I've upped the intensity of my own gym sessions and I've even started running - something I've

always hated! The feedback I'm getting from Sony's Lifelog app has been really positive too - I'm burning significantly more calories in training than I did when I started, and I can't remember the last day when my SmartBand Talk didn't alert me with the good news that I'd hit my daily activity targets. I'm not sure how Joel's getting on but as far as my training's concerned, the proof's in the pudding.'

Will Khouv and Snape have done enough to keep up with the equally hard-training Rick Edwards and Vanessa White? To find out how Team Sony get on at their debut Mudder, and for more Tough Mudder training advice - plus how Sony fitness tech can help you achieve your goals - visit mensfitness.co.uk/fitness-technology.

Visit mensfitness.co.uk/fitness-technology for more Tough Mudder training advice and to find out how

SONY

Brought to you in partnership with Sony, the official smartphone and SmartWear sponsor for Tough Mudder 2015

TOUGH AND READY

FUEL YOUR ENGINE



You've probably heard of carb-loading - the process of increasing your carbohydrate intake in the run-up to an endurance event to top up your glycogen stores and enhance your stamina. But if you want to tackle a Tough Mudder

with maximum energy reserves, your approach needs to be more scientific than simply scoffing an entire 1kg pack of pasta the night before.

Aim to increase your carb intake one week in advance, so it accounts for 60% of your total calories, splitting the rest evenly between healthy fats and protein (you can track your calorie consumption with apps including Sony's Lifelog, when it's paired with Sony's latest flagship smartphone, the Xperia™ Z3+).

On the morning of the event, aim to consume 2g of carbs per gram of your bodyweight - so if you weigh 80kg, aim for 160g - between four hours and 90 minutes beforehand. Stick to white carbs rather than brown and avoid anything too fibrous - the last thing you want is for it to start repeating on you when you're sliding along on your belly in Sony's owned Arctic Enema 2.0.

ALL THE GEAR

Having the right kit can make all the difference in your battle to conquer around 20km of mud-strewn obstacle course. A trail shoe with a minimal, lightweight upper and an firm-gripping tread will help you stay upright without your feet getting waterlogged. Likewise a combination of compression shorts and top will help keep you cool and dry - as dry as possible, anyway - while retaining minimal water and sweat.

Enhance your Tough Mudder training with these simple tips

A pair of quality gloves will also improve your grip for slippery obstacles such as Funky Monkey and Hanging Tough.

Tracking your progress will require some seriously hard-wearing tech, such as the SmartWatch 3 from Sony, which has built-in GPS to monitor your advance over the course. It can be synced with the equally rugged Xperia Z3+, which also allows you to capture your heroic Mudder efforts on film.

REST IS BEST

Training hard and eating clean are crucial to your Tough Mudder preparations, but another element that's equally important - and often overlooked - is recovery, especially during the final weeks before the event.

Sony's Lifelog app is the perfect tool for monitoring how much you've been training and when you should be resting. Log all your training sessions with the SmartWatch 3 - which syncs with the app on your Xperia Z3+ - and you'll soon start spotting performance patterns that help you identify how much rest you need after a hard session to get you back firing on all cylinders.

Getting enough sleep is critical too, regardless of how hard you're training - but ensuring you get eight to nine hours of quality kip a night can be tough. Improve your chances with the SmartBand Talk from Sony, which measures your sleep cycle and helps to wake you up at the right time when you're fully rested.

For more information about the Sony Xperia Z3+ visit carphonewarehouse.com/z3plus



Sony fitness tech can help you achieve your goals

A large, stylized graphic of a man's torso, likely Joe Wicks, in a light blue color, serving as the background for the title. The title is written in large, bold, white capital letters on a teal banner that is part of the graphic.

JOE WICKS

IS NOT THE

MESSIAH

Words Joel Snape Photography Steve Neaves

...but he might be the saviour fitness needs. *MF* meets the man revolutionising the body transformation industry, and gets his 15-step plan for salvation - as tested by 30,000 true believers



JOE WICKS

MF FEATURE



If you've seen Joe Wicks online, you might not even recognise him in real life. When the camera's on, he's all intensity, all the time - crooning songs to his window boxes, flinging Uncle Ben's rice into the microwave (and across the room) with a 'Wallop!' or asking pedestrians if they're 'keen to get lean'. The sorts of people who commission TV shows and sign publishing deals are calling him the Jamie Oliver of the Vine generation, a labrador-haired charmer bringing fitness advice to the masses in six-second bursts.

In person, he's a little bit more quiet. Well, actually a *lot* more quiet.

'It's a character,' says Wicks, between dangling off a scaffold pole and doing Superman press-ups on the floor at the MF shoot. 'I'm not mental all the time. I started out quite quiet and shy,

WICKS TIP #1

PREP LIKE A BOSS

'It's the one thing you can do to take control straight away. Just spend half an hour to an hour a night cooking your meals for the next day so you never have to grab stuff on the go.'

WICKS TIP #2

TWEET YOUR PROGRESS

'It's like having a community behind you.'

and then I realised that people like the catchphrases, "Bosh!" all that.'

Whatever it is, it's working. If he isn't already, he's going to be a multi-millionaire by the end of this year.

LIKE HEAVEN

Wicks is the leader - popularity-wise, at least - of a new generation of trainers and nutritionists democratising fitness by posting advice for free, producing content daily and racking up 'Likes' in the thousands. Other people do workouts, training tips or selfies: the Wicks signature at @thebodycoach is the #LeanIn15, a healthy recipe that takes under 15 minutes to cook, delivered via 15-second video, and accompanied by Wicks' signature high-energy instructions.

His catchphrases, 'Get your nuts in', 'Guilty!' and, of course, 'Midget trees!' (Wicks-speak for broccoli) are already the stuff of internet legend, and his use of Lucy Bee coconut oil is so well-established that he's signed a deal with the brand. It's exhausting to watch, but easy to remember, and share, and Like. And in certain circles, that's more valuable than money.

FOLLOW MAN

People are calling Wicks an overnight sensation, but that isn't entirely fair. He did a degree in sports science almost a decade ago, spent some time planning to be a PE teacher, then started his personal

training career in 2010, running a boxing boot camp called Rumble In The Park. He's been on Twitter since 2013, hashtagging his first workouts #TeamLean13 - but it's on Instagram that he's exploded.

He got serious about the photo-sharing service in January 2014 when it started allowing video content, posting the high-speed recipe and workout videos that have become his signature. It took him, he says, around six months of relentless content-sharing, putting out three videos a day while his friends told him he was wasting his time and 'nobody was listening', to hit 50,000 followers. As we go to press, he's got 388,000 - a decent chunk of whom have already upgraded to his 'Shift, Shape and Sustain' plan, a tailored 90-day programme that costs £147. Right now, he's selling 200-300 copies every day.

Continues on p56

WICKS TIP #3

EAT MORE FAT

'You should get most of your energy from it - it's got more per gram than carbs. Stock up on grass-fed butter, nuts and avocados.'



HOW TO MASTER INSTAGRAM

By a man on the fast track to a seven-figure follower total



BE REGULAR

'Post at the same times of day, and post every day. I post three times a day.' It doesn't have to be complex: Instagram lets you edit your videos in-app, so you can shoot your breakfast prep and post the video before you take the first bite.



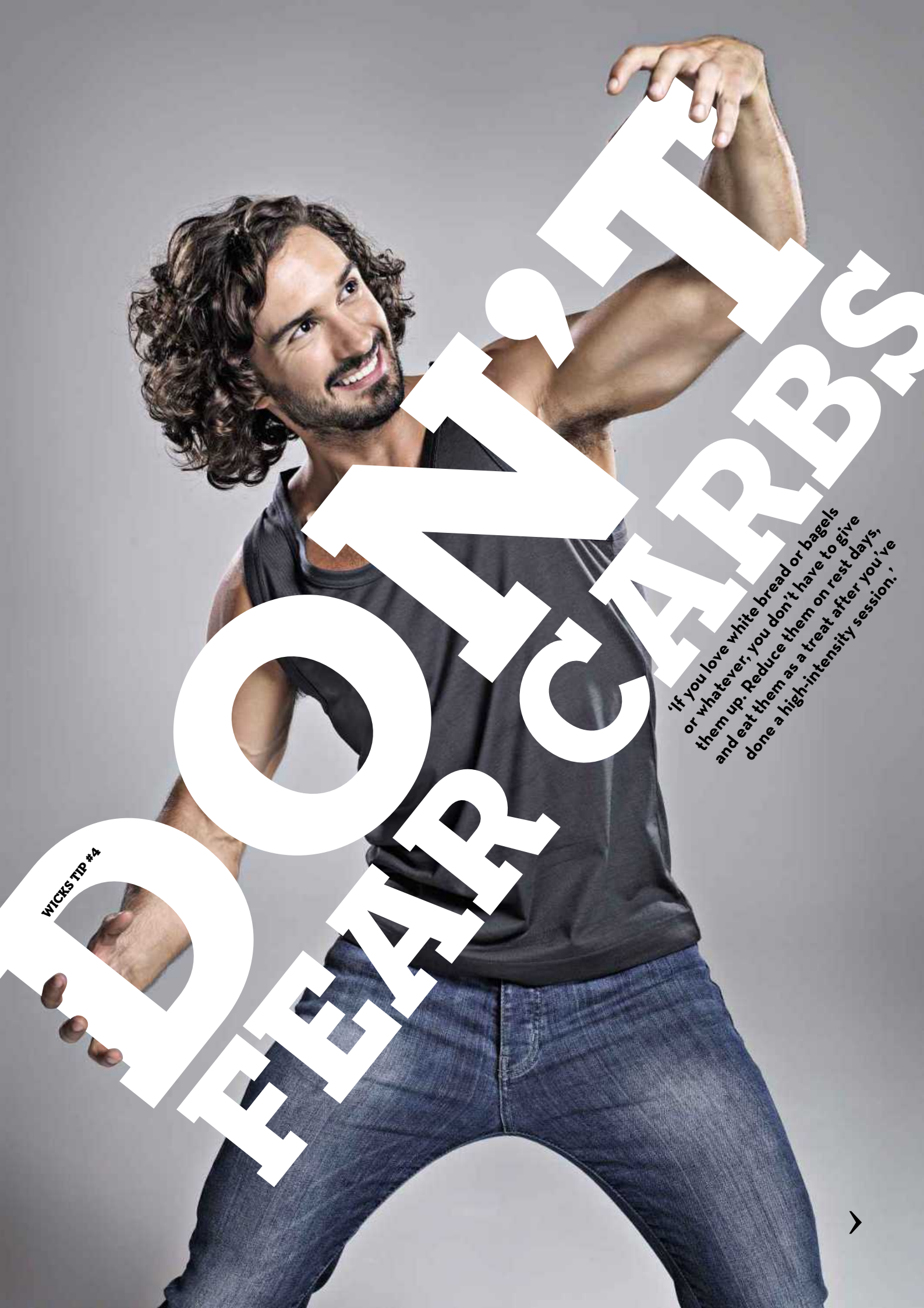
KEEP IT FREE

Posting things on Instagram is not a get-rich-quick scheme. 'I was doing free content for six months before I started asking people for money. Keep putting stuff out there, keep it consistent, and then when you ask people for something they'll be more likely to respond.'



BE YOURSELF

Wicks might be high-energy on-screen, but it's not make-believe. 'My personality on Instagram is an exaggeration of the real me, but it's stuff I care about. Make people laugh, don't preach at them.' If you're pretending to care about something you don't, it'll be obvious.



DOZEN CARBS

WICKS TIP #4

'If you love white bread or bagels or whatever, you don't have to give them up. Reduce them on rest days, and eat them as a treat after you've done a high-intensity session.'





WICKS TIP #5

TRAIN WITHOUT BREAKFAST

'I train fasted a lot - it gets you burning fat at the start of the day, and you can refuel with breakfast afterwards. Try overnight oats - put some porridge oats, almond milk and whey protein in a shaker, let it soak overnight and then whack it in the microwave in the morning.'

WICKS TIP #6

**GO MAD
FOR COCONUT OIL**

'I've cooked almost everything with it, ever since university. It's full of omega 3s and it's a stable fat, so it's perfect for stir-fries.'

WICKS TIP #7

**KEEP A FOOD
PLANNER**

'Plan when to train and when to eat. If you're having a night out, either train that day or plan to go low-carb when you eat.'

WICKS TIP #8

**TURN UP THE
VOLUME**

'I like German Volume Training - ten sets of ten reps - because it's a good, structured way to get a lot of work done. People usually do it with bench pressing or deadlifts, but depending on your strength levels most moves will work - do it with press-ups or lunges.'

WICKS TIP #9

DRINK MORE WATER

'I ask clients on the 90-day programme to drink anywhere from two to four litres a day. It keeps you energised and keeps all your body's processes online.'

WICKS TIP #10

**EAT
MORE**

'If you get your food from good clean sources, you can eat 2,700 calories a day and still burn fat - and you'll have enough energy for the rest of the day. Don't starve yourself.'

LEAN AND CLEAN

Keep it simple in the kitchen with a day of eating Wicks-style

**BREAKFAST Protein Pancakes**

1 banana / 1 whole egg / 1 scoop of whey protein / 2tbsp Greek yogurt / Berries / Squeeze of honey / 1tsp coconut oil

- Put the banana, egg and protein in a blender and blend to make batter.
- Heat the oil in a pan and pour batter in.
- Cook each side for one minute.
- Serve topped with yogurt, berries and honey.

**LUNCH Beef and cashew Thai red curry**

1tbsp coconut oil / 1 red onion, sliced / 2tbsp red Thai curry paste / 200g sirloin steak, sliced / Mixed peppers, sliced / Mange tout / 100g coconut milk / 30g cashew nuts / Fresh basil, torn

- Heat the coconut oil in a wok.
- Add the red onion and red curry paste and cook briefly.
- Add the steak and cook for two minutes.
- Add the peppers and veg, then add the coconut milk and simmer for four minutes.
- Serve topped with cashews and basil.

**DINNER Chicken and pesto tagliatelle**

30g tagliatelle / 1tbsp coconut oil / 200g chicken breast / Handful of baby tomatoes / 2tbsp green pesto / 20g pine nuts / Fresh basil, torn

- Boil the pasta in a pan.
- Heat the coconut oil into a wok, then add the chicken, season and cook for three to four minutes.
- Add the baby tomatoes, then combine with the pasta and stir in the pesto.
- Serve topped with pine nuts and fresh basil.

WICKS TIP #11

**KEEP
WORKOUTS
SHORT**

'I'm all about intensity over duration - less than 30 minutes is fine. You can do the most simple stuff at home: do 30 seconds of burpees, rest 45 seconds, 30 seconds of sprint high-knees, rest 45 seconds, then repeat the whole thing for 15 minutes. Done!'

WICKS TIP #12

**GET OFF THE
SAD
STEP**

'That's what I call scales. They're so negative. You can do everything right all day, or wake up feeling full of energy, then you step on the scales, see you've put on a kilo, and it totally changes your mood. Get rid of them.'

WICKS TIP #13

DRINK

'I'll have a cheeky mojito or a vodka when I go out. Clear spirits have less nasty business in them, and usually fewer calories than beer.'

RUM

'People take about four to six weeks to convert,' says Wicks, who's oddly calm for a man bringing in Premier League footballer money. 'They follow for a while, get some advice, and go "OK, this guy's legit", and then they take the plunge. A lot of them are referrals - mums and daughters doing the plan, or people being encouraged by friends. One entire office of 60 people did it.'

THE NET RESULT

The key, of course, is that people get results: as well as recipes, Wicks' social media feeds are jammed with side-shots of people on their fourth, eighth or 12th week of the plan, usually in *much* better shape. 'Most of them have done diets before,' says Wicks. 'But diets just don't work. This is supposed to be different and enjoyable. I'm about getting people to eat more, but eat better, and getting them to do exercise that makes them feel good about themselves. When I trained as a PT, all the information was so out of date, old science, the Food Pyramid - it's not stuff that works. This is about letting people know that they don't have to give up the food they like. I'll go to Burger & Lobster or Nando's, I'll have a mojito. I'm getting people who have



WICKS TIP #14

HAVE DAYS OFF

'If you're an athlete then, yeah, I don't have a problem with you training every day, but for most people it makes more sense to train four or five days a week. Have a couple of days off a week to recharge, do your shopping and prep your food.'

tried 1,400-calorie diets to a point where they're burning fat eating 2,600 calories a day. It's a lifestyle, not a short-term thing.'

Wicks isn't doing anything revolutionary or unsustainable. What he's done is repackage up-to-date training and nutritional theory for the masses, combining German Volume Training and high-intensity intervals with nutrient timing and entry-level cookery to excellent effect. It's not rocket science, or even intermittent fasting - it's simple, effort-efficient stuff that works for people with normal lives. Next up, says Wicks, is getting the rest of the world involved.

Unsurprisingly, he and his team are already having meetings with TV production companies. He's been offered a lot of guest appearances, but he's holding out for his own show. 'I'd like to do something with different


demographics - obese people one week, ballet dancers the next.' It's the sensible evolution of Wicks the brand, and you get the feeling that - considering how much money he's already making - spreading the word is more important than getting rich and famous.

FUTURE PROOF

'I used to work as a teaching assistant in Surbiton,' he says. 'The packed lunches there were a joke. Nutella on white bread, Kit-Kats, crisps. If the parents don't give a shit, then the kids haven't got a chance. But if you can get to parents, then there's going to be a trickle-down effect. If you can make the kids laugh, get them involved, send them out of school knowing how to cook, that's a start.'

Next year, he says, he wants to do more meet-and-greets, talking to fans and the

mainstream media about health, getting the message across. 'I can understand it from other people's point of view,' he says. 'A lot of people just don't want to do exercise, or don't want to be preached at, and that's fine. What I want to say is: "Don't give up on yourself. Don't just resign yourself to being overweight, to this life that's not as good as it could be."'

That's for the future. Right now, though, Wicks is spreading the word just fine, reaching his audience in a way that was impossible just a couple of years ago. Can a generation of Instagram experts solve the obesity crisis where successive governments and thinktanks have failed? It's too early to say - but if they do, then Wicks will probably be leading the charge, one energetic recipe at a time. Bosh! 

WICKS TIP #15

TAKE PHOTOS REGULARLY

'This isn't about vanity. If you look in the mirror every day, it's easy to think you aren't changing shape, but when people take photos they're always amazed by the difference their work's making. Take one progress shot every four weeks, using the same angle and the same lighting so you can see the difference.'

BIOHACKING FOR BEGINNERS

Biology has gone DIY. 'Biohackers' tinker with their own bodies and record the results in the hope of getting fitter, happier and more productive. MF tests the most popular hacks so that you can try it yourself

WAKE UP INSTANTLY

1

THE THEORY

As the days get shorter and late-night Netflix gets better, the snooze button's lure becomes harder to ignore – but by letting your sleeping hours get more erratic, you're making the problem worse, not better. 'There are three principles to good sleep,' says Dr Rebecca Robbins, a sleep researcher at Cornell University in the US. 'The first is quantity – most adults need seven to eight hours. The second is consistency – change your bedtime by more than an hour and your body will need time to adjust.'

The third is getting sleep in one chunk. 'Our sleeping body cycles through four phases followed by rapid eye movement (REM), which is where all the cognitive benefits are,' says Robbins. 'If you wake too early, you rob yourself of that, and your memory will suffer.' Time to fix it.

THE HACK

The solution is two-fold: first, fix your sleep, and then address your wake-up strategy. 'Set an alarm for bedtime and stick to it,' says Robbins. 'Make sure you're dropping off at the same time every night – and do something relaxing, like reading fiction, for the last 30 minutes before bed.'

With consistent sleep nailed, you're primed for an express wake-up. Devotees of self-improvement hub CNQR Academy (conquer.today) swear by the a protein-caffeine-cold triple threat. Before bed you put some water with lots of ice, a scoop of whey protein and a 200mg caffeine pill by your bed. Set your alarm for 15 minutes before you need to be up, mix the protein and water, then down the lot. You'll jump-start all your body's processes (in theory, at least) and be ready to go in minutes.

NG

MF VERDICT



SLEEP HACKING

MATT, feature writer

I'm not a laptop-in-bed type, but I'm not the best sleeper either – inconsistent bedtimes and general anxiety mean I can spend hours fidgeting before I finally drift off.

So, for me, the new sleep routine did far more good than the morning kick-starter. After a day or two of the same bedtime, getting eight hours a night, a 30-minute 'power down' before bed and keeping my phone on airplane mode, sleep came much easier. But downing an ice-cold protein shake isn't the nicest way to start the day. The caffeine certainly woke me up but my energy dipped once its effects wore off. The take-home message? To improve your sleep, get into good habits rather than relying on quick gimmicks.



JUMP-START YOUR FAT LOSS

2

THE THEORY

Intermittent fasting (IF) - or going without food for significant chunks of the day - can, according to its fans, lead to fat loss, improve health and possibly extend your life span. The downside? It can also leave you lethargic and energy-deprived. Dave Asprey, founder of bulletproofexec.com, thinks he has a solution: drinking buttered coffee, as favoured by Nepalese sherpas, which is meant to boost your metabolism and raise energy levels, while keeping the beneficial side effects.

THE HACK

The Bulletproof Fasting template is simple enough: make sure you're finished all your food by 8pm the night before you start, then kick off at 8am by drinking Bulletproof coffee. Train around lunchtime, then break your fast at 2pm and eat as much as you like until 8pm. 'It's easier, and far more pleasant, to do a Bulletproof intermittent fast than a standard one,' says Asprey. Homer Simpson comparisons are, unfortunately, inevitable.



MF VERDICT

BULLETPROOF FASTING

The first thing to note here is that buttered coffee is delicious: it goes down like an extra-silky latte. The second is that it works: intermittent fasting usually leaves me alternately sluggish and furious, but after a day's adjustment - I didn't use enough butter

on day one - my steaming cups of grass-fed Kerrygold coffee left me surprisingly alert during a demanding work week.

The 'concentration' effect might have been placebo, but there was an unexpected fringe benefit - without the highs and lows of a morning's

carbs, I made better decisions at lunch and avoided afternoon biscuit binges entirely. I love bacon too much to try it long-term, but Bulletproof coffee's my new go-to for mornings on the go.

JOEL, acting editor



DE-STRESS IN SECONDS

3

THE THEORY

Your heart rate might be fine, but what about its 'coherence' - the rate at which it speeds up and slows down? If this isn't smooth, it's a warning sign. 'When your heart rate is chaotic, your body is constantly stressing. It's like pressing a car's brake and accelerator at the same time,' says Gavin Andrews of HeartMath UK (heartmath.co.uk). 'You pool resources into your stress sensors and away from the part of the brain that lets you regulate emotions and make smart decisions.'

THE HACK

HeartMath has a sensor called the Inner Balance, which connects to your phone. Use the app each day, relax and focus on your breathing.

'You'll handle pressure and stress better, as well as improving your cognitive capacity,' says Andrews. 'After training it'll also trick your body into recovering quicker and releasing the hormone DHEA, which helps get rid of cortisol.' This stress hormone also makes the body store fat, so it's a win-win.



MF VERDICT

HEART-RATE COHERENCE TRAINING

I've never thought of myself as stressed, but the first time I used Inner Balance's HeartMath, I found that my blood boils at the least annoyance. I spent five minutes on the bus synchronising my breathing with the breath pacer and concentrated on positive, fluffy feelings

- until I realised I'd missed my stop.

My next go was after a five-a-side match. I spent 20 minutes earning 80% coherence and 267 points - the daily goal is 300. All that was undone the next day on a fraught commute, when I struggled to score just 60.

The app helped me to slow my breath to keep stress in check and made me spend more time unwinding to reduce the damage stress does. If it wasn't so fiddly to use, I might have scored a bit higher.

SAM, fitness editor



EXPERIENCE TOTAL CALM

4

THE THEORY

Life's barrage of external stimuli means that your brain is always working hard. Flotation tanks allow you to strip all of that away.

'The science shows that if you float in the quiet darkness motionless for about an hour your body almost can't help but go into a very deep relaxation,' says Peter Bell, who runs Floatworks (floatworks.com). 'Studies have shown flotation decreases cortisol, lactate and adrenaline.'

THE HACK

Flotation sessions are normally around an hour long. 'Around 50% of people experience a noticeable shift in their stress levels after the first session,' says Bell, who recommends a couple of sessions in your first week followed by one every other week. 'Flotation improves circulation and how well your body distributes oxygen and nutrients around the body,' he says.

If nothing else, it's a chance to get away from the kids.



MF VERDICT

SENSORY REST

Floating in a pitch-black, soundproof pod is scientifically known as sensory REST (restricted environmental stimulation therapy), and it more than lived up to the name. It was phenomenally relaxing.

Stepping naked into the space-age pod was daunting – as the hydraulic-assisted

door closed, I imagined re-emerging after an hour to a post-apocalyptic future. Soothing music eroded that worry while ambient light shifted through the colour spectrum. Once the music stopped, I turned off the light and floated silently atop the Epsom salts-filled water.

An hour flew by. I'm not sure how much magnesium sulphate I absorbed, but afterwards I definitely felt totally relaxed – physically and mentally. I'd do it again like a very mellow shot.

MAX, head of digital content

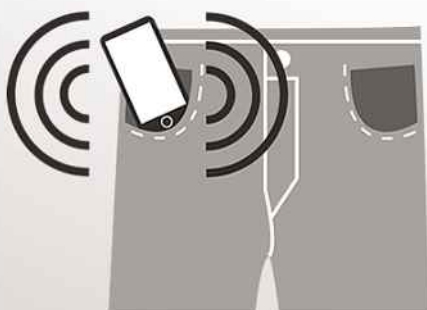


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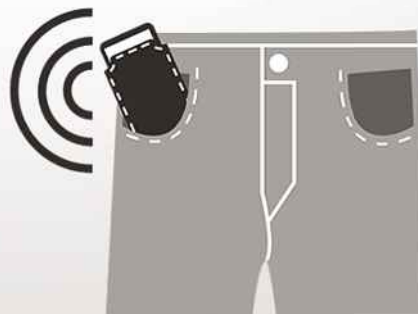


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UNLOCK HIDDEN POWER

5

THE THEORY

People who experience constant vibration, such as heavy machinery operators and HGV drivers, have reported that it causes back pain, but under more controlled circumstances, it could benefit your fitness. 'Whole-body vibration (WBV) makes you feel heavier than you actually are,' says Nahid de Belgeonne, founder of Good Vibes (goodvibesfitness.co.uk). 'As the ground "falls away", your brain thinks you're falling so your muscles fibres lengthen and contract fast.'

WBV training has been shown to improve strength and explosive power. 'The most immediate benefit is range of motion,' says De Belgeonne. 'It increases range of motion by about 7°. So you can lunge further on a WBV platform than you could on the floor.'

THE HACK

The most popular WBV system is the PowerPlate - it's the product De Belgeonne uses - and there are locations all over the country where you can try it for yourself. Sessions are typically in the form of a class so you'll be guided through the best way to get the most out of it.

'Muscular imbalances are a big factor in poor flexibility,' says De Belgeonne. 'WBV helps create equal muscle growth across your body. Everything in your body is connected. Sitting against the vibrating platform can work on all the muscle fibres and connective tissue along the back. That's important because feelings of tightness often aren't tight muscles but tight connective tissue, usually because we hold ourselves in the same position all day long.'




MF VERDICT

WHOLE-BODY VIBRATION

I suffer from tight glutes and hamstrings so I was keen to find out if WBV could aid my mobility and recovery. Within seconds of the start of my first Good Vibes PowerPlate class, my brain was rattling inside my skull as the machine whirled away at 30 vibrations per

second. Thankfully the impact reduced significantly when I bent my knees, which helps distribute the vibrations more evenly throughout the body.

The vibrating platform forced me to engage my core to stay balanced, and by the end of the class I could feel the taut

tissue around my hip joints loosening. The results weren't life-changing, but as a weekly add-on to help build core strength and improve recovery after sport or a lifting session, I'd recommend it. 

BEN, deputy editor



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SKILLS EVERY MAN SHOULD MASTER

Some things are more important than a six-pack – like being able to tackle a cobbled downhill like Contador, paddle a kayak or just get knocked down and get up again. MF presents the real bucket list all men need to complete – when you can do all 50, then it'll be time to think about specialising

1// NAIL A SPRINT START

Just in case you ever find yourself in the blocks, here's how to get ahead of the competition. When in the 'set' position you should rise up so your front knee is bent at about 90° and your back knee at 120-135°. Your hips should rise above your head and your head should stay down while accelerating. It should only rise up when you're in full stride.



2// RUN OFF-ROAD LIKE A GOAT

While good running form usually has you looking ahead, you'll need to shift your gaze down when on the trails. Focus on the ground about six strides ahead so you can anticipate obstacles. And wear specialised trail-running shoes - they have extra ankle support, as well as toe and sole protection.

3// SPRINT UPHILL

Stand tall - bending at the waist limits hip movement and hampers efficiency as well as reducing your ability to create power by stretching your leg behind you. 'Gain contact with the floor by taking fast small steps,' says Gerald Smith of Run Perfect (runningcoachlondon.co.uk). 'And use your arms to boost your momentum.'

4// GO DOWNHILL FAST

Leaning backwards is good for slowing down, but don't overdo it. 'Initially keep your body weight on your heels as this will help reduce your speed and maintain control,' says Smith. 'Once you're more confident, lean forward to take advantage of gravity. This is a great way to improve cadence [running steps per minute] if you are a sprinter.'

5// SAIL OVER WAIST-HIGH OBSTACLES

Don't slow down as you approach the obstacle. Place one hand flat on top of it and shift weight from your feet to that arm's shoulder. Jump, kicking the leg opposite your supporting arm out to the side, and vault the obstacle. Land with that foot on the same side as your supporting arm and keep running.

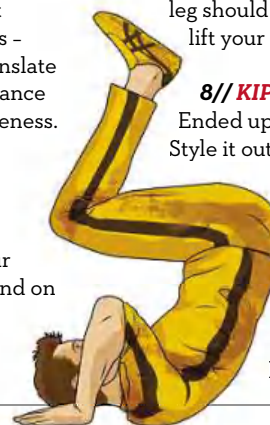


6// FLY THE HUMAN FLAG

'The human flag requires both strength and co-ordination of an unusual muscle activation pattern, namely pushing with one arm while pulling with the other,' says David Jackson of Oneathlete (oneathlete.co.uk). 'Start with the vertical flag - you grip the pole with both hands but your feet are barely off the ground, reducing the force on your torso. Graduate to the tuck flag, with knees bent, and work up to the full version by putting out one leg at a time.'

7// TURN A PROPER CARTWHEEL

They're not just for six-year-olds - mastery will translate to improved balance and spatial awareness. Lunge forward with your left leg, transferring your weight forward while placing your left, then right hand on the ground. Kick your right leg up into a sideways



handstand with your legs apart in a V-shape. Your right leg should land first. Then lift your hands quickly.

8// KIP UP

Ended up on the ground? Style it out and get up like Bruce Lee. Lying on your back, put your palms on the ground by your head. Roll your hips up off the floor so that your knees are close to



your face. Explode upwards with your legs and push off powerfully with your hands so that you can land on your feet. If you can't make it all the way up to start, practise landing in a bridge first.

9// MASTER THE HANDSTAND

'Start against a wall,' says Ashley Kalym, author of *Complete Calisthenics*. 'Kicking up so that your back's against it is easier, but walking your feet up will help you get the right shape. Brace your abs and glutes to keep tension.' Spread your fingers

and grip the ground, and get used to rolling out of it. Once you're confident that you can mess up and recover, you'll kick up with confidence.

10// DO THE PEC DANCE

Beyond getting a good reaction, isolating and working individual muscles is an important skill as it'll translate into more control at the gym. Pay attention to how your pec muscles feel when they're tensed during a chest move. 'Pinpointing this is how you'll learn to make your pecs dance,' says Jackson. 'And you'll need enough muscle to notice they are being activated.' Next, think about moving your shoulder forward to tense the muscle.

11// MAKE THE MUSCLE-UP LOOK EASY

Master the muscle-up - basically, a pull-up combined with a dip - and you'll be able to clamber over any obstacle you can get your fingertips on. Learn it in a pool first. 'Get a false grip on the edge, palms flat,' says Jackson. 'Then rotate your elbow around your wrist as you boost yourself out of the water.' It'll be trickier in real life.

12// NAIL A DIVE ROLL

It's the best way to survive going over the handlebars unscathed. The goal is to keep your head and neck out of harm's way - everything else is secondary. Start small: extend one arm like a wheel, with a small bend in your elbow and your fingers pointing towards you. Aim to roll all the way down that arm, turning your head as you roll over your shoulder and back. Once you've got it at walking pace, try it from a run, then a jump.

13// CHOP WOOD LIKE A LUMBERJACK

Chopping wood doesn't just make you look more manly - doing it for an hour can raise testosterone levels by up to 50%, according to research from the University of California. If you don't live in the woods, hardwire your

19// CLIMB A ROPE

Don't climb with your arms - your legs are stronger. Reach up and grab the rope as high as you can. Next, step on the rope with one foot and hook your other foot underneath it. The over/under combination will lock the rope in place. Then raise your feet as high as you can, letting the rope slide between them. Then lock the rope between them again and push your body up, grabbing the rope above you again.



form with a sledgehammer and tyre: start with one hand near the head of the axe/hammer, and practise letting it slide down the neck as you swing. Aim for a specific spot on the tyre - you need accuracy as well as power.

14// BACKFLIP INTO WATER

Jumping in not doing it for you? A backflip should get the crowds on their feet. Stand at the edge of a diving board and jump into the air as if you're going to kick the sky, throwing your arms back at the same time. Tip your head back and try to look at the water underneath you. Once you've rotated back upright, straighten out and hit the water feet first.

15// SHOW OFF WITH A FOOTBALL

Endless keepie-uppies are for kids - do an around the world instead. Start with the ball on your boot. Let it start to fall to the outside of your foot and, as it does, flick it up and bring your foot up and over the ball, going from inside to out.

16// JUGGLE EFFORTLESSLY

You can learn in an afternoon. Start with two balls in one

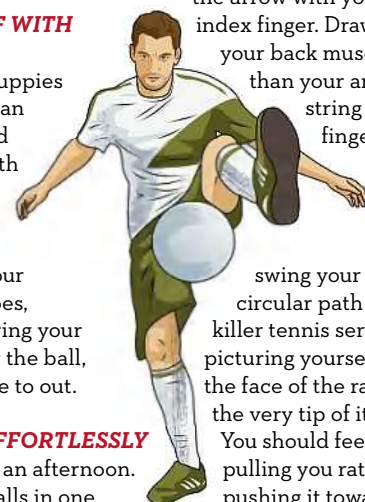
hand and one in the other. Throw one of the two balls in a gentle arc to your other hand. As the ball starts to fall to the other hand, throw the ball in that hand in a similar gentle arc to the other hand, then catch the first ball. Before the second ball reaches your first hand, throw the last ball in an arc towards your other hand. Repeat the pattern.

17// FIRE A BOW AND ARROW

Hold the bow with your arm outstretched. Rest your arrow on the arrow shelf and push the string into the nock of the arrow. To ready the bow to fire, grip the string either side of the arrow with your middle and index finger. Draw it back using your back muscles rather than your arm, then let the string slip from your fingers. Thwack!

18// SERVE AN ACE

Learning to swing your racquet in a circular path is the key to a killer tennis serve. Rather than picturing yourself accelerating the face of the racquet, picture the very tip of it instead. You should feel the racquet pulling you rather than you pushing it towards the ball.





20// SINK A FREE THROW

Tim Ferriss, author of *The 4-Hour Chef*, went from stinking at basketball to scoring nine out of ten shots. His tip? 'Line up your shot and keep your eyes on the back of the rim. As you shoot, straighten your elbow and push the ball with your fingertips. Keep your arm out to make sure the ball's path is accurate.'

21// PERFECT A SLAM DUNK

Skipping will teach you good jumping mechanics: warm up with five minutes before every workout. Next, use depth jumps for explosiveness: stand on a plyo box and lean forward until you fall off - hit the ground and rebound instantly, getting as much air as possible. You'll condition your tendons to generate jump strength. Now you just need gigantic hands.

22// SMASH A DRIVE DOWN THE FAIRWAY

Gripping the club like you're scared it'll run away? Stop that. It may sound counter-intuitive but the tighter you hold your club, the less power transfers to the ball and the shorter your tee shots. With the pad of your left hand on top of the club and your right hand covering your left thumb entirely (reversed if you're a lefty), hold it as lightly as possible. You might see it fly off on a few practice swings before you get the hang of it.

23// SPIN-PASS LIKE AN ALL BLACK

Anyone can chuck a rugby ball - but it takes technique and practice to make it zip like a heat-seeking missile straight to a team-mate. 'A rugby pass is driven from the shoulders and arms, but it has many difficult components,' says rugby coach Tom Eastham

(easthamsfitness.com).

'Keeping the ball tucked in tightly to your body before release is key. Generate power by thrusting your hand forwards using your arm and shoulder while rotating your hand to keep a tight spin on the ball.'

24// MAKE A POOL BALL SWERVE

To swerve a ball, strike down at the ball with the cue. If you want it to curve to the left, strike that side of the ball. But the downwards angle is key - this means it grips the cloth as it spins, creating the curve. And show off by referring to it by its fancy name: a semi-massé.

25// BOWL A STRIKE

Bury your pride and pick up a lighter ball. Heavier balls make the pins fly up in the air but lighter ones generally knock them into each other, which is what you want. If you're right-handed you want to aim at the space between the front pin and the one behind it to the right. Channel the Dude, don't go over the line and let it fly.

26// HIT TRIPLE 20 ALL THE TIME

While it's not a beginners' technique, learning to flick

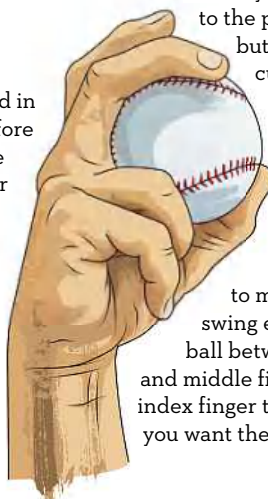
your wrist at the end of a throw will accelerate the dart. This means you'll have to use less motion from your arm to get power, which in turn means your shot will be more accurate.

27// HIT A SIX

To knock a cricket ball for six, start by pointing your lead elbow towards the bowler, which will help the shot fly straight. Raise your bat up high behind you so you can generate speed. Your downswing should start quite slowly, so the bat is still picking up speed as it strikes the ball. Swing through the ball and straighten your arms for power.

28// THROW A CURVEBALL

You may not often take to the pitcher's mound, but a well-thrown curveball is a neat knack for anyone to have: it looks like a fastball but the spin makes it much slower - it's designed to make the batter swing early. Grip the ball between your thumb and middle finger, using your index finger to point at where you want the ball to go. As



you throw, rotate your thumb up and your middle finger down as if you were going to click your fingers. The ball will move in the direction of your middle finger.

29// SCORE A PENALTY EVERY TIME

Research at Bath University confirms that the top left and right corners of the goal are the best targets for a penalty. Shots aimed there have more than an 80% chance of going in. Take a short run-up (four to six steps is most successful) and focus on where you want the ball to go in your mind's eye, not your actual eyes - the keeper can see those.

30// HURL A JAVELIN

The javelin isn't about the power in your arms - it's more about creating a pivot with your body to launch it. Hold the javelin high above your head, gripping behind the binding between your index and middle finger. At the end of your run-up, plant your front foot on the ground and push off with your rear leg, creating a sort of pendulum as



31// KAYAK IN THE RAPIDS

The position of your hands will go a long way towards preventing damage to your shoulders. When you're paddling, make sure neither hand goes behind your shoulders or across the centre line of your body. This will maintain a rectangular shape with your arms and paddle, which is not only good for your shoulders but will also generate power for your strokes.

you rotate forwards over your lead leg. Release the javelin when you're at your highest point, using your momentum to increase the distance.

32// SWIM OPEN WATER WITHOUT DROWNING

Traversing a lake is far more impressive than laps in the pool, but the issue most people struggle to overcome is the fear of being out of their depth. 'I concentrate on counting each stroke to take my focus away from anything else,' says endurance swimmer Adam Walker. 'Breaking the distance into 60-stroke chunks makes it seem much less daunting.'

33// ESCAPE A RIPTIDE

'If you have limited swimming experience or low energy levels, it's best to actually go with the current,' says Ingemar Cressey (cresseyssurfacademy.com.). 'The rip will take you out to calmer waters where you can reassess your situation. If you're a strong swimmer, swim parallel to the shoreline - this will allow you to escape the current.'



34// PADDLE BEYOND THE WAVES ON A SURFBOARD

Getting the best waves means paddling beyond the breaks. Rest your body on the board's centre line, with your feet raised slightly off the end. You should be far enough back that the nose of the board is a few centimetres above the water. 'Locate the nearest channel [rip] and allow it to assist you by paddling with strong strokes close to the rails of the board,' says Cressey. 'Remember to keep your head up.'

36// STAND UP ON A SURFBOARD

'Have the nose of the board facing the beach while lying on the board and paddling for a wave,' says Cressey.

'Once you feel forward motion from the wave, place your hands on the edges of the board in line with your chest. Then drag your feet below you so they land on the board and you are standing with feet hip-width apart, arms stretched out and looking directly forward.'

35// CORNER A BIKE AT TOP SPEED

'Keep your head up and look forward into the turn,' says James Spender of *Cyclist* magazine. 'Brake before the corner, not during it because that can cause you to skid.'

Enter the corner wide, then carve an arc through the apex and exit staying wide. Lean into the corner, keeping your inside knee up and your outside foot low, with most of your weight on your outside pedal for added stability.'



37// **PEDAL OVER COBBLES WITHOUT FEAR**

'Stay as loose and relaxed as possible to help absorb bumps and maintain a straight line,' says Spender. 'Place your hands on the centre-top of the bars, either side of the stem, with an overhand grip - that'll stave off arm fatigue. Likewise, pedalling in a slightly harder gear with lower cadence [the RPM of your legs] can help put more emphasis on the shock-absorbing qualities of your legs rather than your backside.'

38// **CYCLE DESCENTS LIKE A MADMAN**

'Stay relaxed with your body low and elbows tucked in for aerodynamic benefit, keeping your feet level and hands on the drops,' says Spender. 'Try to raise your backside slightly off the saddle to help absorb road vibrations and allow quick weight shifts to aid cornering and stability. Look as far down the road as possible to aid anticipation of obstacles and corners.'

39// **MAKE TRACK CYCLING SECOND NATURE**

Tracks usually require that you do an introductory course with the velodrome officials, which lets you come to terms with the speed and scale of the track - and the bike. 'Track bikes are "fixed wheel", meaning you can't coast, so don't forget that you always have to keep pedalling,' says Spender. 'Practise riding on the banks by getting progressively higher and higher each lap. Tracks are ridden anticlockwise so always check over your right shoulder before moving up the track to avoid collisions.'

40// **JOIN A PELOTON**

'Confidence is key so practise riding with a few friends before burying yourself in a pack of 50 riders,' says Spender. 'There'll be other riders very close to you so pay constant attention to what's going on around you. Getting as close as possible to the rider in front helps you save energy as you slipstream, but avoid overlapping your front



44// **TRACKSTAND LIKE IT'S NOTHING**

Standing still on your bike at the lights isn't magic - just good balance. Stand with your feet flat on the pedals and turn your handles 45°, with your weight over the bars. Keep your legs straight but not locked and stick your hips out to the opposite side to your handlebars. Apply a little pressure to the pedal with your front foot. When practising, do it with your wheel against something.

wheel with their rear one - and be aware that etiquette dictates you should take your turn at the front when called upon, so other riders can benefit from your slipstream.'

41// **TACKLE STEEP DROPS ON A MOUNTAIN BIKE**

'Spot your landing and judge your speed - a recce beforehand

on foot is often a good idea,' says Spender. 'As you ride the drop, "unweight" the front wheel by leaning back and pulling on the bars just before the lip of the drop. Keep your elbows and knees slightly bent with a firm grip on the bars and the pedals horizontal to absorb the impact of the drop. Aim to land your front wheel slightly before your rear.'

42// **RIDE CLIPPED IN**

When you're clipped to the pedals your cycling is more efficient - because you can propel yourself with both pedals at once - and more powerful. 'To clip in, locate the front of the cleat [attached to the underside of your shoe] first, before stamping down with your heel to engage the spring locking mechanism,' says Spender. 'To clip out, twist your heel outwards. Anticipate the road ahead and leave yourself plenty of time to unclip before coming to a stop. For those new to clipless pedals, practise riding on grass first.'

43// **FALL SAFELY**

Think of it as insurance - 1,938 men in the UK died from falls in 2011, and that's not what you want to be remembered for. 'Start with the back breakfall,' says judo black belt Vasil Panfil. 'To fall on your back, relax and tuck your chin.' Distribute the force evenly by slapping your arms on the floor in a U-shape - don't reach back.

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46// **PUNCH LIKE A CHAMP**

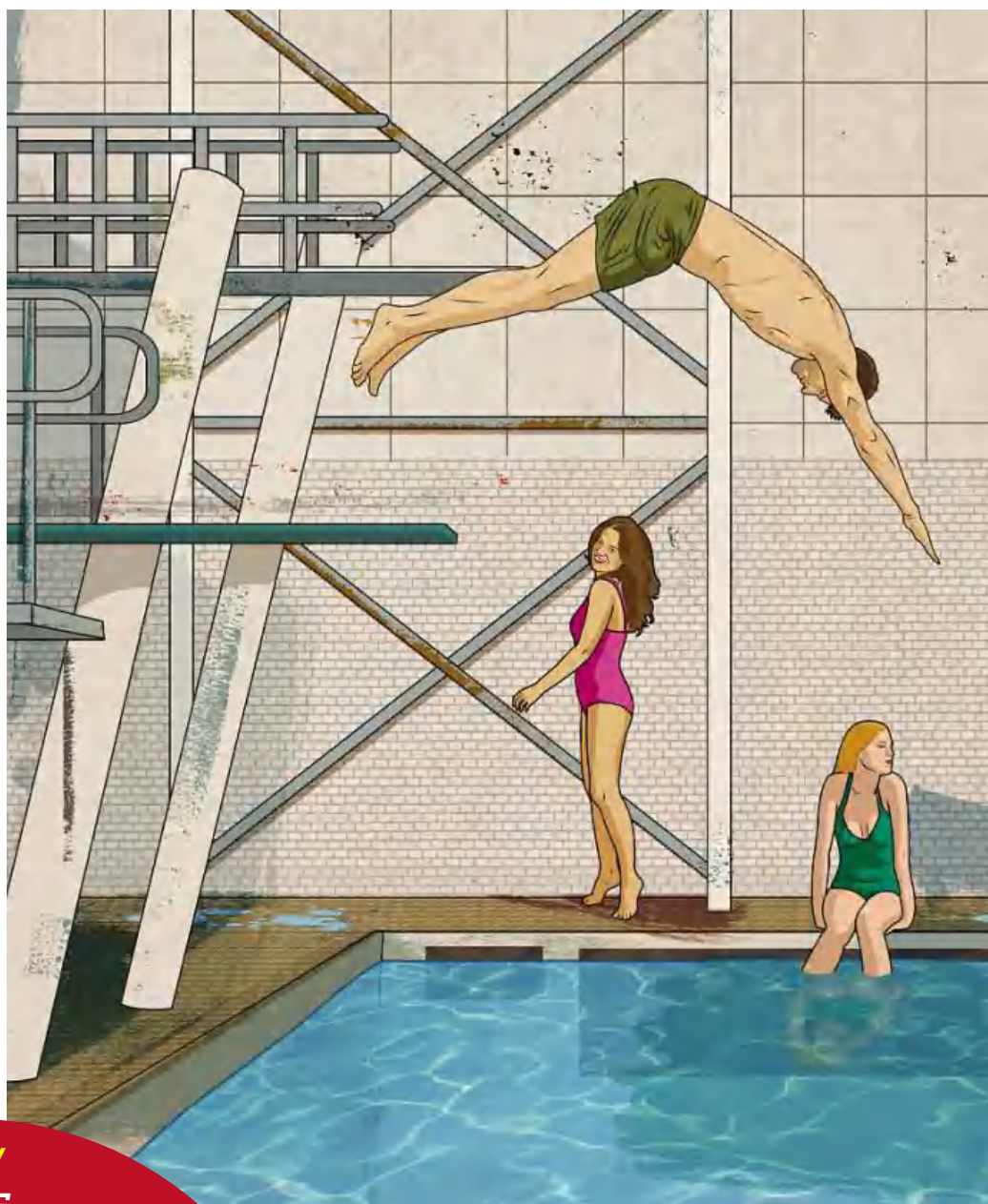
Start with the right cross – it's the perfect combination of speed and power. 'Stand with your left foot forward and your hands up by your head,' says MMA fighter and coach Ash Grimshaw. 'As you throw your fist out in front of you, push off with your rear leg – imagine you're crushing a cigarette under the ball of your foot. Try to punch *through* your target, rather than hitting the surface.' And remember: thumb outside your fist.

47// **THROW A LOW KICK**

No, not to the groin. The low kick in Muay Thai kickboxing is designed to deaden the thigh of your opponent so they can't punch as hard or move as easily. 'Standing in the same stance you threw your punch from, step your lead foot out at a 90° angle then swing your rear leg round, ensuring your shin connects with their thigh,' says Grimshaw. 'Again, try to kick *through* their leg.'

48// **APPLY A REAR NAKED CHOKE**

It's the most common fight-ender in MMA for a reason. 'Stand behind someone and wrap your left arm around their neck so their throat is in the crook of your elbow, then grab your right arm's biceps,' says



45// **DIVE**

FROM A BOARD

Get a feel for the board's spring by bending your knees – don't jump up and down. To begin the dive, hold your hands overhead with your arms against your ears, your fingers overlapping and your thumbs locked together. Jump from the board as it bounces upwards.

Bend at the hips so you go towards the water headfirst. Keep your body as straight as possible when you hit the water.

Grimshaw. 'Put your right hand on the back of your opponent's head and squeeze. You'll cut the blood flow through the carotid arteries and send them to sleep.' Be extremely careful – holding for too long could kill someone.

49// **... OR GET OUT OF ONE**

If you've had a choke applied to you it's possible, but not easy, to escape. Tuck your chin into the crook of the elbow to alleviate the pressure. Then use both hands to press the elbow into your chin – don't try to lift it off your neck. Let your weight sag so the other person supports you. Then swing your body

and turn into the choking arm, maintaining that pressure. Your attacker's hold should loosen.

50// **TACKLE AN OPPONENT TO THE GROUND**

'A double-leg takedown is one of the most effective methods for getting someone to the ground,' says Grimshaw. Think of it like an upgraded rugby tackle. Step close enough to touch your opponent's shoulder, put your front foot between their legs, then drop to that knee and wrap your arms around their legs. Step around their body with your back leg and drive them sideways to the ground. **MF**



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**FITNESS
MODELLING**

STEAL THE SHOW

Aspiring fitness model Matt Botwright has known his way around a gym for a while now, but the physique he's been striving for has been out of reach. Now, with the help of top fitness model Shaun Stafford and OPTIMUM NUTRITION, his dream's closer to becoming reality

Follow the
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THE UPGRADER Matt Botwright

You've got to be a brave man to enter a fitness physique competition. Not only do you need to live most people's anxiety dreams by stripping to your smalls and doing poses in front of a huge room full of strangers, but all the hard work you've put in at the gym is being scrutinised and judged.

But as well as supreme courage, you need supreme dedication – and that's what Matt's demonstrated with the hard work he's put in with coach Shaun Stafford. He's so dedicated, in fact, that he entered his first competition just six weeks into his six-month Upgrade programme.

'So I had just six weeks to prepare myself for my first ever WBFF competition,' says Matt. 'I was nervous, naturally, but I really enjoyed the experience and can't wait to do it again. I didn't get a podium place, but it was awesome to see what I could achieve in such a short period, and losing nearly 9kg in eight weeks is an achievement in itself.'

Working with Stafford has shown Matt the determination needed to compete at the top level. He's training five times a

week and the sessions are hardcore (see above right), but Optimum Nutrition's Amino Energy or Gold Standard Pre-Workout gives him the extra boost he needs. 'It motivates me knowing that Optimum Nutrition are supporting me and it helps me grind out those tough sessions,' says Matt.

Two-time WBFF Pro Fitness Model World Champion and international cover model Stafford is impressed by Matt's progress. 'He came in with a solid base of fitness, but his first session with me was a wake-up call,' says Stafford. 'Since then he's stepped up to the plate and ramped up his intensity. Now, when I really push him in a session he doesn't break. Not right away, anyway...'

So Matt's entered his first fitness physique competition, shown his commitment by cutting weight in a short time, and impressed his coach with improvements in the gym. All that and he's still got a couple of months left of his Upgrade. Something tells us the end result is going to be seriously impressive.

● Follow the progress of all the Optimum Nutrition Upgraders at mensfitness.co.uk/upgradeyourfitness

UPPER CLASS

Get schooled in how to really build your back and arms with Shaun Stafford's superset workout

1A Wide-grip lat pull-down

SETS 10 REPS 10 REST 15SEC

Sit upright with a wide overhand grip on the bar. Retract your shoulders and without leaning back, pull the bar down until it reaches your upper chest. Squeeze your lats at the bottom and return slowly to the start.

1B Overhead cable extension

SETS 10 REPS 10 REST 60SEC

Hold a double-rope handle attached to the low pulley of a cable machine. Turn away with your hands behind your head, one either side. Press the handles up and forward to straighten your arms. Flex your triceps at the top. Return to the start and flex your biceps.

2A Bent-over row

SETS 3 REPS 10-12 REST 15SEC

Grip a bar with hands just wider than shoulder-width apart. Brace your core, bend your knees and lean forward from the hips so the bar is at knee level. Pull it up to your sternum, retracting your shoulders. Return to the start.

2B Cable extension

SETS 3 REPS 10-12 REST 60SEC

Stand in front of a cable machine holding a double-rope handle attached to the high pulley. With knees slightly bent and elbows tucked in to your torso, pull the rope down, parting your hands at the bottom. Return to the start.

3A Dumbbell high external rotation

SETS 3 REPS 12-15 REST 30SEC

Hold a dumbbell in each hand with arms out wide, palms facing down. Lower the weights by bending your elbows, keeping your upper arms horizontal. When your elbows are at 90°, hold for a second. Return to the start.

3B Face pull

SETS 3 REPS 12-15 REST 60SEC

Hold a double-rope handle attached to the high pulley of a cable machine, arms extended and palms down. Pull the handles towards you so the handles go either side of your face. Return to the start.

BEST OF THE REST

Here's how the other three Optimum Nutrition Upgraders are impressing their coaches

CROSSFIT

ALISTAIR MCGOVERN

Before starting his Upgrade Alistair's strict overhead press one-rep max was 65kg. Now he's busting out five sets of five reps with that weight. This improvement is largely down to spending time working on technique with coach Andy Edwards. It's not just Alistair's performance that's improving - he's also had to buy new T-shirts because his old ones are too tight around his chest and arms.

RUGBY

NIAL MOODY

Though he struggled a little with an ankle injury, Niall's got back on his feet with the help of Oxford Circus Physiotherapy. That niggle aside, he's been putting in serious work in at the gym and his bench press is up to 115kg, while his squat is hitting 160kg. Meanwhile, taking Optimum Nutrition Gold Pre-Workout is helping Niall's sessions so much he says he doesn't know how he ever managed without it.

BEACH BODY

BEN MARUM

In the second phase of 'Operation Beach Body', Ben's sessions are alternating each week. One week he focuses on strength with no more than ten reps of every move. The next week is all about volume with plenty of upper-body supersets to build that classic V-shaped beach body. He adds Optimum Nutrition Creatine to his post-workout shakes to support energy and make it easier to keep the intensity high.

MACRO MACHINE

Correct nutrition is essential when trying to hone your physique to perfection. Coach Shaun Stafford reveals how he plans to get Matt in the best shape of his life



factor in how Matt has seen his body fat plummet over the first stage of his Upgrade.

'As his WBFF show approached, Matt's calories had to come down, and with limited carbohydrates and fats to burn for energy

'Matt's diet needs to be accurate in terms of calories and macronutrients, but also easy to stick to. I'm happy to see he's been following it to the letter and that's been a major

- he was in calorie deficit - he found it hard working with quite a high training volume. But that's the reality of getting as cut as you need to be to compete in physique competitions at the highest level.

'Now, Matt's back to eating seven times a day, taking on around 2,500 calories including a post-workout Optimum Nutrition Platinum Hydrobuilder shake, which has 35g of protein, over 13.5g of essential amino acids and 5g of creatine - all of which are vital for repairing and building Matt's poor muscles after a tough session with me.'

PLAN FOR THE WORST

Take off those rose-tinted glasses and stop looking on the bright side. By preparing for things to go wrong, you'll be even more successful if they go right. *MF* presents your seven-step guide to facing down any setback and coming back even stronger

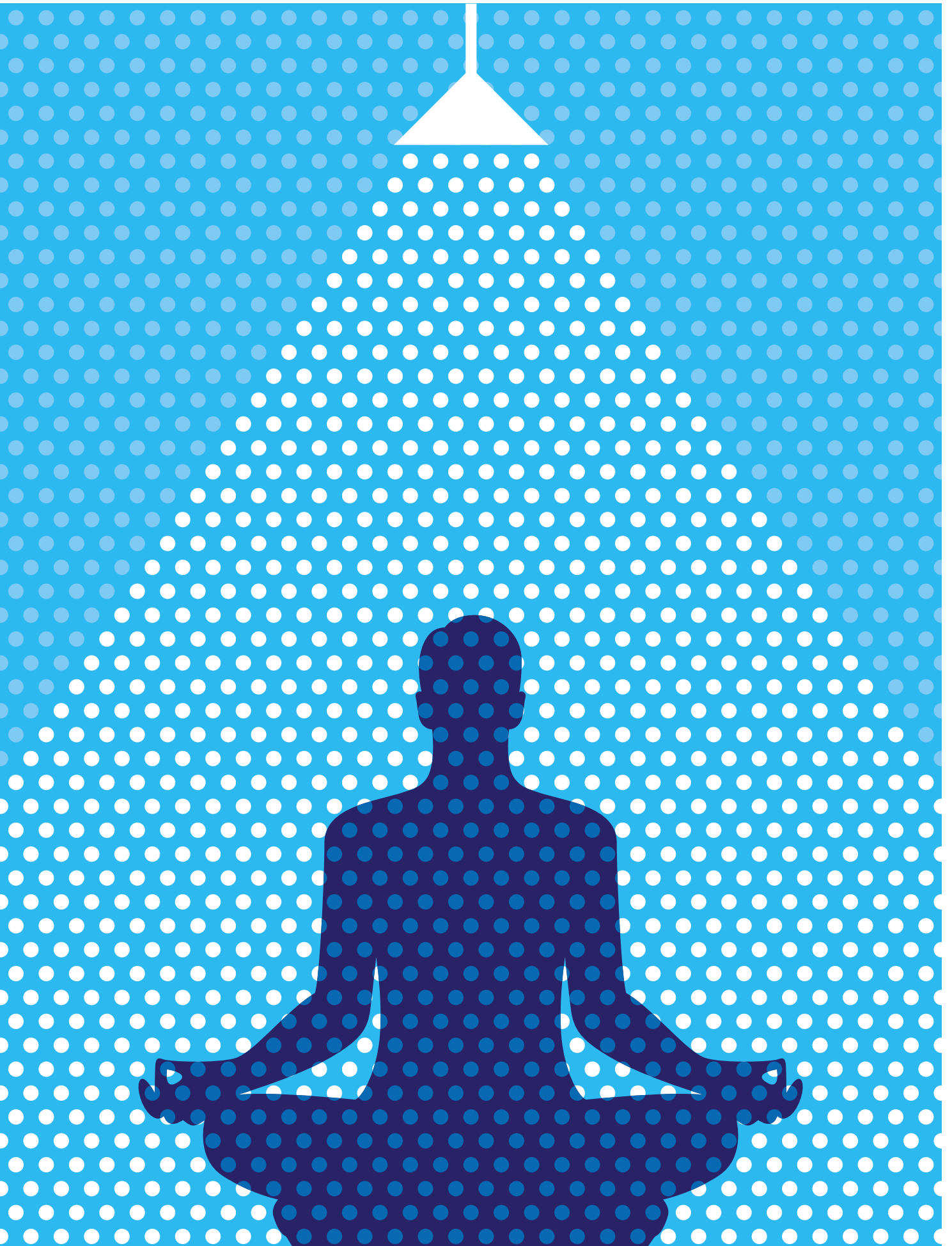
STAGE ONE SHOW YOUR BODY WHO'S BOSS

Your first step couldn't be simpler, but that doesn't mean it's easy. 'Turn your shower as cold as it goes,' says writer and motivational speaker Julien Smith, author of *The Flinch*. 'And get in it. As the cold water hits, you might shout or squirm. But the discomfort lasts only a second. You get used to it. Remember your reaction.'

There's method in the madness: Smith defines the 'flinch' as that instant when you leave your comfort zone - and argues that embracing it is key. 'Your instinctive flinch will seem so uncomfortable that you might talk yourself out of this. You need to build a habit of seeing the flinch and going forward, not rationalising your fear and stepping away.'

Spend at least two minutes in the shower, and keep it up for a week. Don't worry, it does get easier.





STAGE TWO

TRAIN YOUR BRAIN TO EXPECT THE WORST

Forget legs and lungs: when it comes to endurance performance, current theory says that perceived effort (how hard exercise feels) is the real limiter of performance. You've got two ways to improve: decrease the perceived effort, or - more nastily - increase how much you can handle. Coach and writer Matt Fitzgerald, author of *How Bad Do You Want It?*, explains how to nail the latter.

1

EXPECT TO HURT

'Consciously expecting to feel terrible in a race aids performance. Perception of effort is influenced by expectations - if you feel worse than expected, your performance will suffer. By bracing for a hard time, you'll set yourself up to get the most out of your body.'

2

SET YOURSELF QUANTIFIABLE GOALS

'Perceived effort is open to interpretation. By setting a concrete goal - say, going five seconds faster every kilometre - you'll be more confident that you can achieve it, which will help convince you to "accept" a higher level of effort.'

3

TRAIN WITH FRIENDS

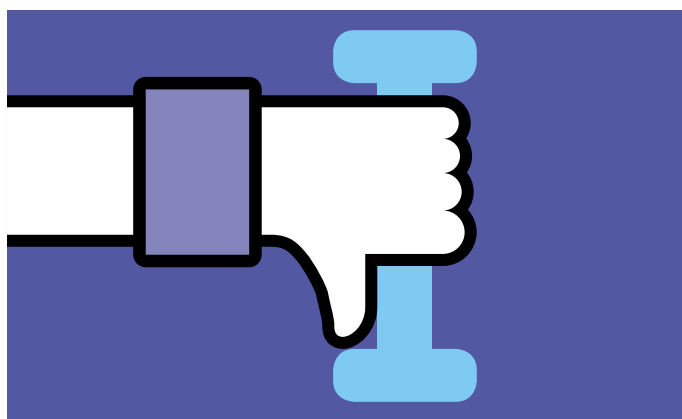
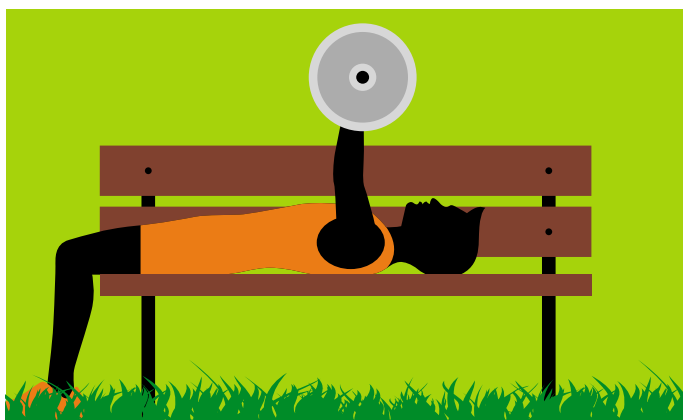
'One reason athletes get fitter and race more successfully when they train in groups is "behavioural synchrony". This is when working together in groups releases in the brain the feelgood neurochemical dopamine, which reduces perception of effort.'



STAGE THREE

GET USED TO REJECTION

'Your comfort zone is a cage,' says Jason Comely, who calls himself a 'rejection expert'. The solution? Rejection therapy - or intentionally chasing knockbacks so you no longer fear them. 'Success at Rejection Therapy is accomplished when rejection feels like success, not like failure,' says Comely. 'The point is to hardwire your brain to take action - to "go for it" as the default.' Start small and work your way up - just asking someone for a phone number, a discount or a bite of their croissant is enough to 'pass'. Remember: if you get what you ask for, you've failed.



STAGE FOUR

TRY OUT THE WORST-CASE SCENARIO

No, you don't need to move to a shack in the Hebrides. Yes, you should ditch the morning latte. 'The ancient Stoic philosopher Seneca suggested that we ought to set aside a certain number of days each month to practise poverty,' says Ryan Holiday, a marketing expert and author. 'Take a little food, wear your worst clothes, get away from your usual comforts. Put yourself face to face with want, and ask, "Is this what I used to dread?"' Try a week of worst-case-scenario living: no cinema, no gym, no internet. It won't be as bad as you think, and will teach you where you can cut back while all is well. ➤

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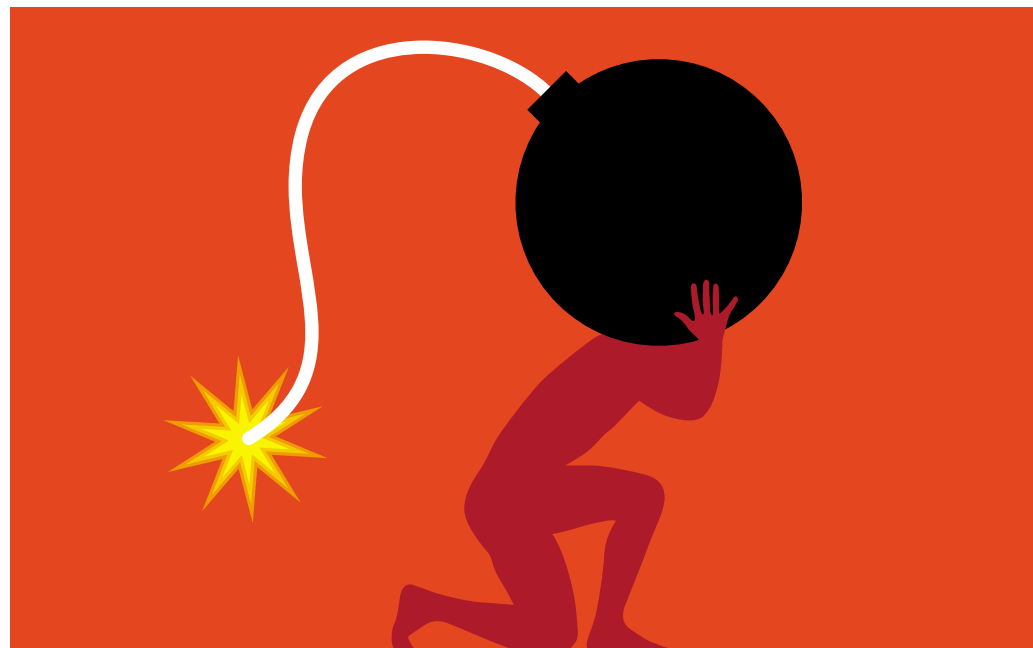
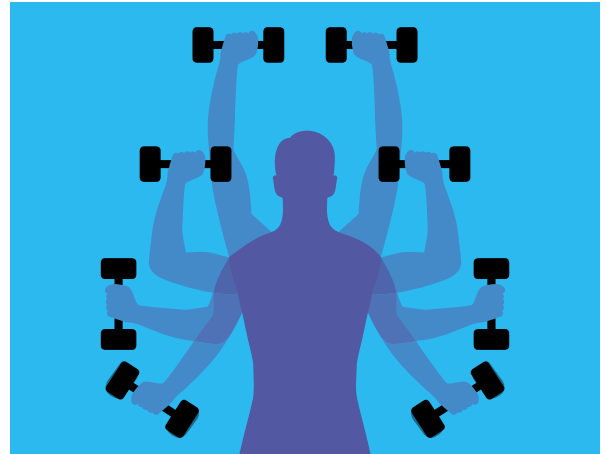


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STAGE FIVE

BECOME STRONGER WHEN THINGS GO BAD

Quick, what's the opposite of 'fragile'? If you said 'tough' or 'robust', risk analyst Nicolas Taleb says you're wrong. He defines 'antifragility' as *benefiting* from disorder, not just being resilient to it. For instance, your body is fragile, but shocks to the system make it stronger - like the Hydra in Greek myth, which grew two heads every time it lost one. So how can you make the rest of your life antifragile? 'Have more options and fewer plans,' says Will Mitchell, founder of Startupbros.com. 'If your company went bust right now, could you get another job doing exactly what you're doing? If not, you need to expand your skillset.'




STAGE SIX

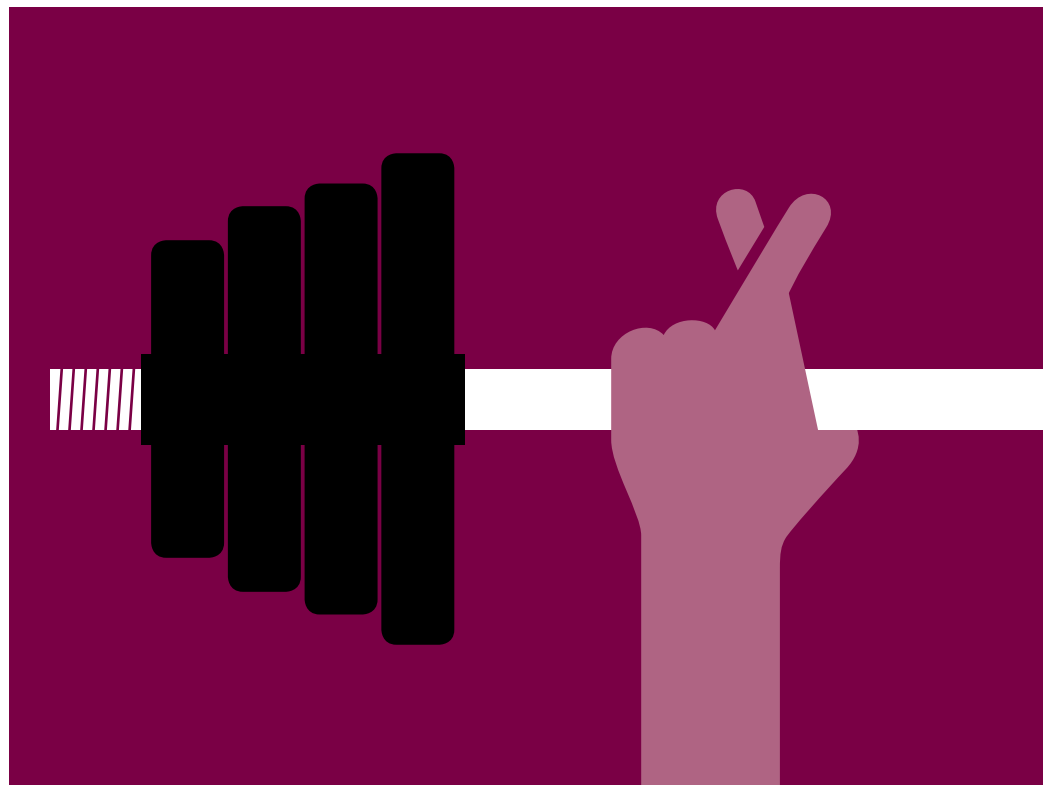
REMEMBER IT'S ONLY FOR NOW

Everything ends. Or, in the words of Roman emperor Marcus Aurelius: 'Run down the list of those who felt intense anger at something: the most famous, the most unfortunate, the most hated, the most whatever. Where is all that now? Smoke, dust, legend... How trivial are the things we want so passionately.' Remind yourself that it's all going to be over at some point. Then make a dinner reservation for you and someone you like.

STAGE SEVEN

HOPE FOR THE BEST

So your exit strategy's mapped out, you're catastrophe-proof and you're not worried about disasters. Now's the time to work out what to do when everything goes *right*. 'Imagine that your current project, product or plan goes spectacularly well - better than you thought it would,' says Minda Zetlin, co-author of tech business bible *The Geek Gap*. 'Can you scale up? Can you handle the attention? Will you be ready for the increased opportunities that come your way if it works?' If the answer's yes, then you're ready for anything. 



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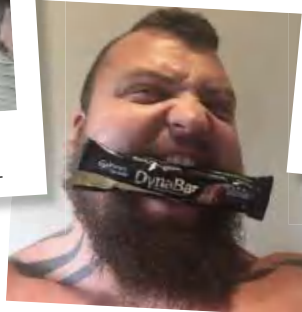
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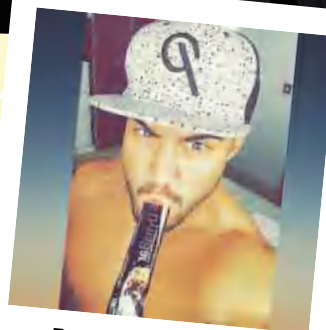
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FIT BRIT

RISE TO THE CHALLENGE



Fancy yourself as the fittest person in the country? Sorry, trick question: even if you don't think you've got a shot at the title, signing up for this year's Fit Brit challenge comes in the 'highly recommended' section of Things To Do This Month.

First, the challenge itself has had an overhaul - cardio's still a factor, but a redesigned circuit means your strength, power and co-ordination will be pushed to the limit in an all-round test that's the toughest FitBrit yet. Second, you've got a better chance than ever to compete on a level playing field: all-new Amateur and Masters categories cater to non-professionals and over-35s, while if you're more of a specialist, the four-way Team category means you can create a super-squad of strong men (or women) and cardio monsters.

But that's not all. This year's final will present an all-new challenge, so even if you aren't top of the leaderboard, all-round fitness will increase your chance of glory more than slavishly practising the event. There's never been a better chance to taste victory - and with prizes on offer, now's the time to sign up.

Still don't think you'll win? Fair enough - then just remember that, in the words of Ernest Hemingway, 'There is nothing noble in being superior to your fellow man. True nobility is being superior to your former self.' He'd probably do well on the rower... maybe less so on the kettlebell swings. Get to it.

THE CHALLENGE



RUN

600M 1% INCLINE



KETTLEBELL SWING

30 REPS ↑ 24KG ↑ 16KG



PLYO BOX OVER JUMP

20 REPS ↑ RED ↑ BLUE



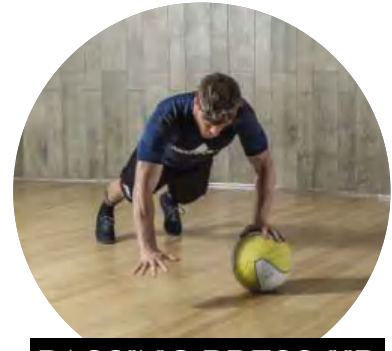
VPR TILT

10 REPS ↑ 20KG ↑ 10KG



BIKE

1.5KM LEVEL ↑ 12 ↑ 10



PASSING PRESS-UP

10 REPS



GOBLET SQUAT

20 REPS ↑ 24KG ↑ 16KG



RAINBOW SLAM

30 REPS ↑ 9KG ↑ 5.5KG



ROW

400M

THE MF TAKE

Three MF writers, veterans of FitBrit, break down the all-new challenge



BEN INCE

'Now that the run's at the start, it's vital to pace properly. For this distance, intervals of 30sec intense/30sec recovery should do the trick. Save your glutes for the swings and you'll be laughing.'



SAM RIDER

'Those goblet squats will hurt if you aren't ready. Back squatting will help but front squats are better. Ten sets of ten, done on the minute for ten minutes, will leave you with plenty left in your legs to get through the rest.'



JOEL SNAPE

'Putting the row at the end means you can leave it all on the floor. There's no sense pacing it: start with big pulls, raise the stroke rate at the end to keep the speed up, and don't worry about what you're going to feel like afterwards.'

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You'll find form guides
to all the moves
on the site too

Fuel your way to victory

You probably have a training plan in place for your FitBrit 2015 attempt – but have you given as much thought to how you'll fuel it?

The competition in FitBrit is always fierce, so you'll need to be at the top of your game to make an impact. The men and women who've succeeded in the past all have one thing in common: they made sure their bodies were ready for the challenge. Sure, they'd done enough pull-ups and press-ups to make their rivals weak at the knees, but they also ate right and used the best supplements – such as Multipower 100% Pure Whey Protein. Providing muscle-building fuel without extra junk, it's designed to feed your inner champion.

FIND OUT MORE AT MENSFITNESS.CO.UK/FITBRIT

FUELLING FITBRIT

A good breakfast doesn't have to be boring. Multipower nutritionist Drew Price's protein pancakes will start your day properly so you can power your way to the top of the leaderboard

INGREDIENTS

- 30g strawberry Multipower 100% Pure Whey Protein
- 5tbsp milk
- 1 whole egg
- Pinch of salt
- 5tbsp flour

TO MAKE

- Separate the yolk and white into bowls. Mix the yolk with the milk, flour, salt and 100% Pure Whey. Whisk until smooth, while you start heating a non-stick frying pan on a medium heat.
- Whisk the egg white until it forms stiff peaks and then fold it into the batter using a metal spoon. Don't be too rough – you want to keep the air bubbles trapped in the white.
- Fry in the pan using a drop of oil or butter. Serve with mixed berries and honey.

ENTER FITBRIT25 TO GET 25% OFF AT WWW.MULTIPOWER.COM/UK



THE TIME IS RIGHT

Will Kane (pictured) is the UK's fastest-rising CrossFit star and he knows a thing or two about smashing tough workouts for time. Here are his insider tips on finishing FitBrit as quickly as you can

GET IN FULL SWING

'Don't think of kettlebell swings as a squatting exercise,' says Kane. 'It's a glutes and hamstring exercise. Fire your glutes as you swing and you'll find it much easier.'

TEST THE PASS

'Take the passing press-up seriously,' says Kane. 'It's one of the toughest exercises in FitBrit and requires a lot of shoulder stability. Keep your core tight and engage your shoulders and lats to keep your pecs fresh.'

DON'T STOP

'Aim to go nonstop on everything,' says Kane. 'Don't go too fast on the cardio but really push on the gymnastics movements to prevent muscle fatigue.'

In association with



RECIPES

GEAR

SUPPLEMENTS

FUEL

P90 THE STIR-FRY YOUR ABS WILL LOVE **P92** HEALTHY WAFFLE MAKERS **P94** LOAD UP ON PARSNIPS
P97 CAN SHAKES REPLACE FOOD? **P102** THE GET SHREDDED DIET **P106** SMOKED SALMON REINVENTED

Soy wonder

It's got a bad reputation, but unjustly - here's why you need to eat more soy

You've probably heard that soy is bad for men. You might have even heard that it spikes your oestrogen levels with disastrous, moob-sprouting results. But the truth behind the myths is this: the two most thorough clinical studies on the effects of soy on male hormones - published by the American Society for Reproductive Medicine and Loma Linda University in California - found that it caused no adverse effects whatsoever. What's more, new research suggests that in addition to helping you build muscle, eating this veggie- and vegan-friendly protein source could actually help expose your six-pack. A study from the Institute of Biomedical Research at the National Autonomous University of Mexico found that it helped to decrease high glucose levels in participants' blood and reduce fat storage. Sound good? Get yours from tofu, soy beans and edamame.



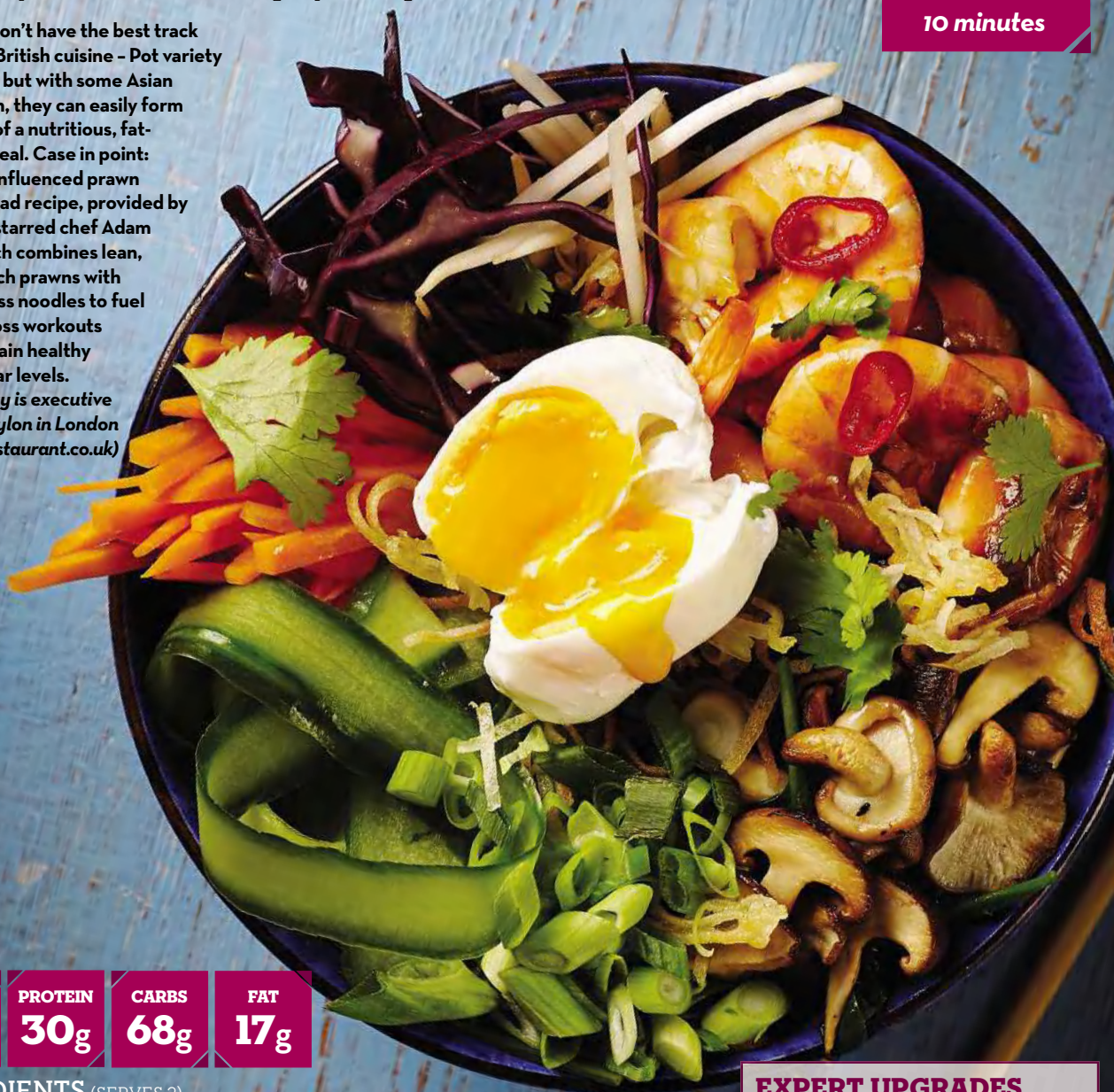
Words Ben Ince Photography Danny Bird

The six-pack stir-fry

Expose your abs with this spicy Thai prawn dish

Noodles don't have the best track record in British cuisine – Pot variety included – but with some Asian inspiration, they can easily form the basis of a nutritious, fat-burning meal. Case in point: this Thai-influenced prawn noodle salad recipe, provided by Michelin-starred chef Adam Gray, which combines lean, protein-rich prawns with low-GI glass noodles to fuel your fat-loss workouts and maintain healthy blood sugar levels. Adam Gray is executive chef at Skylon in London (skylon-restaurant.co.uk)

PREP TIME
15 minutes
COOKING TIME
10 minutes



per portion

CALORIES
528

PROTEIN
30g

CARBS
68g

FAT
17g

INGREDIENTS (SERVES 2)

200g glass noodles / 1 carrot, peeled and cut into fine strips / 1 cucumber, cut into fine strips / $\frac{1}{2}$ red cabbage, shredded / 100g bean sprouts / 50g mixed mushrooms, sliced / 50g spring onion, chopped / 100ml sesame oil / 400g large raw tiger prawns / $\frac{1}{2}$ bunch fresh Thai basil, roughly chopped / $\frac{1}{2}$ bunch fresh coriander, roughly chopped / 1 egg
DRESSING 2tbsp light brown sugar / 2tbsp fish sauce / 1 large red chilli, deseeded and finely chopped / 60ml lime juice / 1 garlic clove, finely chopped

TO MAKE

- Mix the sugar, fish sauce and lime juice and stir till the sugar dissolves, then mix in the chilli and garlic.
- Poach an egg in simmering water for three minutes. Drain and set aside.
- Cook the noodles according to packaging instructions. Drain and set aside.
- Heat a wok to a high heat, then add the oil and prawns. Cook the prawns for two to three minutes each side until they

start to turn bright pink. Remove and coat them with half the dressing.

- Coat the noodles with the rest of the dressing and place in a deep serving bowl.
- Stir-fry the mushrooms, carrot strips and bean sprouts for one minute, then add to the bowl with the prawns.
- Garnish with the cucumber strips, spring onions, red cabbage, coriander and Thai basil. Top with the egg.

EXPERT UPGRADES

Add these for bonus health benefits

WATERCRESS 'Chop and add a handful to the coriander and Thai basil before serving for an extra antioxidant boost,' says functional medicine consultant and personal trainer Aaron Deere kxlife.co.uk

TAHINI 'Add 1tsp to your dressing mixture for some bonus omega 3 essential fats,' says performance nutritionist Nick Morgan awordonnutrition.com

ARTICHOKE 'Add a handful of boiled artichoke hearts for more fibre,' says sports scientist Laurent Bannock guruperformance.com

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Grids in

Waffles aren't just 3D pancakes. Use the latest technology to make square meals that build muscle

Sage Smart Waffle

£170 lakeland.co.uk

BEST IN TEST

If your normal experience with Belgium's finest export involves ladling chocolate and whipped cream on top of them, it's time to cut the waffle. With a few tweaks to the traditional format, the classic batter-grid can be a staple of your muscle-building strategy, not a treat – and with 12 different browning settings and a handy countdown timer, the Sage Smart waffle allows you to cook them to your exact preference, ensuring fluffy, crispy waffles every time. Waffle on.



Cuisinart WAF1U Waffle Maker

£60 johnlewis.com

An easy-to-use machine that's extremely compact but still manages to include deep-dish plates that produce chunky waffles. Dishwasher-friendly too.



Andrew James Belgian Waffle Maker

£30

andrewjamesworldwide.com

This value option has a non-stick surface for easy waffle removal, plus non-slip feet so it doesn't move about on your work surface.



Dualit Waffle Iron

£239 dualit.com

Make delicious round waffles in minutes with this stylish stainless-steel device. You can use each of its two hotplates individually for increased energy efficiency.

Power waffles

INGREDIENTS

(MAKES 6 WAFFLES)

75g porridge oats, ground /
 $\frac{1}{2}$ tsp baking powder /
 $1\frac{1}{2}$ scoops of whey protein /
 $\frac{1}{2}$ tsp cinnamon / 2 egg
whites / 1 tsp vanilla
extract / 150ml milk

TO MAKE

Mix oats, baking powder and whey. Add cinamon, vanilla, egg and milk. Cook in waffle iron. Top with yogurt, peanut butter and blueberries.

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SAY YES TO... **PARSNIPS**

A parsnip might look like the little-loved offspring of a carrot and a potato, but when it comes to fat loss, it trumps both. The reason? Fibre. Because each one has an impressive 10g - more than 30% of your RDA - a parsnip-packed meal will help keep you feeling full for hours, avoiding the urge to snack on fat-storing junk food. Just make sure you cook them from fresh - parsnip crisps might sound appealing, but the added sugar in most packs will negate the fibrous, fat-fighting goodness.

PARSNIPS BY NUMBERS

42

One parsnip contains 42% of your RDA of vitamin K

100g provides 37% of your manganese RDA

37

44

The percentage of your vitamin C RDA provided by one parsnip



A QUESTION OF TASTE Three ways to love **parsnips**

PARSNIP RICE

INGREDIENTS (SERVES 1)

2 large parsnips, peeled and cut into chunks / 1tbsp rapeseed oil / 100g chestnut mushrooms, sliced / 1 onion, chopped / 1 courgette, cubed / 2 garlic cloves, crushed / 1tsp grated ginger / 200g chicken breast, cooked and shredded / 2tbsp fresh coriander, roughly chopped / Salt and pepper, to taste

TO MAKE

Blend the parsnips in a food processor until they reach a rice-like consistency, then set aside. Heat the oil in a saucepan over a medium heat, add the onions, ginger, garlic and courgettes and cook for three to four minutes. Add the mushrooms and cook for five minutes. Stir in the parsnip rice and cook for another minute. Add the chicken and cook for two to three minutes. Season, add the coriander and serve.

RECIPE FROM skylon-restaurant.co.uk



PARSNIP CHIPS

INGREDIENTS

(SERVES 1)

2 parsnips / 1tbsp rapeseed oil / Salt, to taste

TO MAKE

Peel the parsnips and slice them into thin chips. Heat the oil in a pan and cook the parsnips over a medium heat for 15 minutes, tossing the pan every two minutes. Season the chips with a little salt and serve.

RECIPE FROM karolgladki.com



APPLE AND PARSNIP HASH BROWNS

INGREDIENTS (MAKES 8 HASH BROWNS)

1 large sweet potato, peeled and grated / 1 large parsnip, grated / 1 red apple, peeled, cored and grated / 1tbsp arrowroot flour / Salt and pepper, to taste / 1tbsp coconut oil

TO MAKE

Use a steamer basket to steam the grated sweet potato, parsnip and apple for three minutes. Remove from the steamer and gently squeeze to remove excess moisture. Pat the mixture dry with paper towels, add it to the rest of the ingredients in a bowl and mix well. Pick up roughly 1tbsp of the mixture and squeeze it with your hands to form a hash brown. Heat the oil in a frying pan over a medium-high heat and add your hash browns, flattening them with a spatula. Cook for two to three minutes on each side.

RECIPE FROM teffyperk.com



DON'T MISS OUT

you could be building muscle while you sleep

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IS THIS THE FUTURE OF FOOD?

The market for meal-replacement drinks is growing. New fitness-focused powdered drink products are available that can - theoretically - replace food entirely. Are they a real alternative? MF finds out

‘**W**hat if you never had to worry about food again?’ asks the website for Soylent, a powdered meal-replacement drink that claims to provide ‘all the essential nutrients required to fuel the human body’ while also saving you time and money. Launched as a start-up by Silicon Valley software engineer Rob Rhinehart in 2013, Soylent has proven to be a wildly successful concept, attracting \$20 million in investment earlier this year to cope with huge demand.

It’s also inspired rival companies such as Joylent (a European take, mixed according to Soylent’s open-source recipe) and the UK-based – and more fitness-minded – Huel. But can one gloopy processed drink really provide all the macro- and micronutrients your body needs?

ALL IN ONE

Of all the brands in this newly emerging market, Huel has arguably the best fitness credentials. ‘Our aim was to create a complete food in a powdered format,’ says Julian Hearn, who founded Huel (huel.me) with the help of nutritionist James Collier. ‘Huel provides at least 100% of the government’s Reference Nutrient Intakes and the EU’s Daily Recommended Amounts, using powdered peas, rice, flaxseeds, coconut and more. It’s a natural product, free from added sugar, meat, animal products, dairy or eggs. Unlike some of our rivals, we use low-GI oats as our main carbohydrate source rather than synthetic maltodextrin, and we’ve got a much higher protein content at 75g per 1,000 calories, which comes from two different protein sources to ensure you get a complete amino acid profile.’



Not all nutritionists are convinced, however. ‘These types of products may use natural ingredients, but they’ve still been heavily processed,’ says sports nutritionist Laurent Bannock (guruperformance.com). ‘What’s more, we’ve only identified a small number of substances in food that are needed for health, such as vitamins and minerals – there’s still so much we don’t know. You can’t naïvely claim that you’re providing everything the body needs in

one drink. It will be missing a host of things that we don’t even understand yet.’

‘The UK guidelines we use have been in place since 1991,’ counters Hearn. ‘There’s been a huge amount of research since then, but none of it has found any new nutrients that are deemed essential. We’ve actually added extra ingredients that aren’t identified as essential (yet) because we believe they’re nutritionally beneficial, such as phytonutrients and choline.’

GUT FEELING

Another potential issue is the complex nature of our digestive systems. ‘The sight and smell of food kicks off a cascade of reactions across your body, beginning a series of hormonal changes that allow you to better absorb nutrients,’ says Dr Allen Lim, the groundbreaking nutrition scientist behind Skratch Labs (skratchlabs.com). ‘Likewise the process of chewing releases digestive enzymes in your stomach that aid digestion. Once food reaches your stomach, it’s broken down into liquid form by stomach acid so it can pass into your intestines, but this process takes time. If you’re ingesting everything via liquids there’s a risk you’ll



Huel is 30% protein, 30% fat and 40% carbs, providing all the macronutrients the body needs in a meal



'The impact of a liquid-only diet on our bodies is hard to measure'

create an overflow in your small intestine, which limits its ability to absorb nutrients.'

While Hearn argues that Huel has a 'pleasant oaty smell' that may stimulate some of the same responses, the full impact of a liquid-only diet on our digestive system is hard to measure. 'The only way to determine whether these products are legitimately healthy is to do a randomised control study with at least a few hundred participants over a minimum of two years,' says Bannock. 'Until that happens, there's no way of knowing for sure, regardless of what these companies say in their marketing material.'

FAST FOOD

Another key difference between Huel and Soylent - and one that's apparent in Soylent's

A FAIR SHAKE

We decided to live on shakes for 48 hours. MF's Matt Huckle was the man for the job



DAY 1

10AM BREAKFAST

Arrive at my desk, make the first Huel of the day (three scoops, half a litre of water) and down it. It smells like Play-doh but the taste isn't unpleasant.

12PM

Starting to feel slightly faint.

1PM LUNCH

Definitely flagging. Another Huel helps.

4PM MID-AFTERNOON SHAKE

Normally this would be biscuit time. Instead, it's more Huel. It's dispiriting, frankly.

7.30PM DINNER

After my fourth Huel I go for a 3km run with some mini-sprints. Surviving on Huel since this morning hasn't had a noticeable effect on my performance. I end the day craving real food, though.

DAY 2

10AM BREAKFAST

The first Huel of the day goes down surprisingly easily.

12PM

It seems I've avoided yesterday's weak feeling. I had a bit more than three scoops in my morning shake, and sipped it a bit more slowly, so

perhaps that helped - or perhaps I'm just getting used to it.

1PM LUNCH

I'd forgotten about Huel and made a plan to go out to eat. Now I remember. Now I feel grumpy.

4PM MID-AFTERNOON SHAKE

I lethargically measure out and drink another Huel, giving my Jammie Dodger-munching colleagues the stink-eye.

7.30PM DINNER


After eight shakes in two days, my energy levels have stayed consistent and I feel fine - but, as I realise when I walk past a Burger King, I've missed eating. While Huel seems to do the job, I wouldn't recommend living on it.



inherently negative suggestion that food is something to be 'worried about' - is the notion that it could or should replace food entirely in your diet. 'Preparing and eating meals together is a hugely important aspect of human existence,' says Hearn. 'We're not suggesting that Huel should ever replace a family meal or dinner with friends. We see it as an option for situations where you don't have time to prepare, or don't have access to, healthy food. If the other option is eating junk food, Huel is a much better choice.'

Bannock agrees - almost. 'No matter how time-poor you might be, you can always carry healthy portable snacks such as fruit,

nuts and biltong, while batch-cooking and storing vegetables and meats will provide you with healthy food for days, especially if you freeze it. I suppose if you're in a situation where that just isn't an option - say you're at an airport or travelling long distances by coach - it could be a viable short-term option to help keep things ticking over.'

The future of food? Probably not. But a useful tool to help keep your healthy eating on track in desperate situations? Absolutely. 



GREATNESS OUT REQUIRES GREATNESS IN

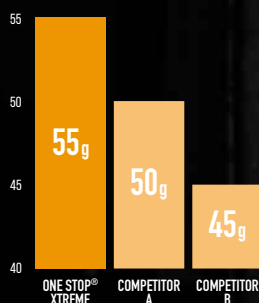
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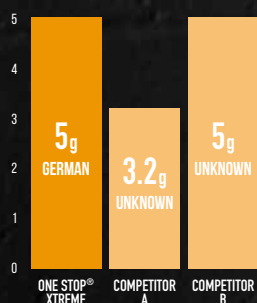
THE FACTS

55g PROTEIN | **10.3g** BCAA'S | **3g** L-LEUCINE | **1.8g** BETA ALANINE | **73g** LOW GI CARBOHYDRATE

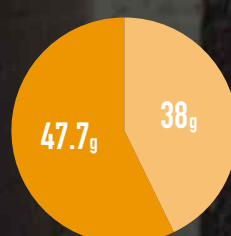
PROTEIN CONTENT



CREATINE CONTENT



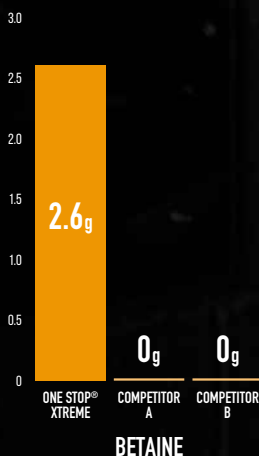
PROTEIN vs CARBOHYDRATE



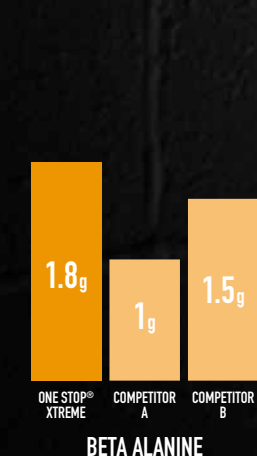
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SOY PROTEIN FREE?		
YES	NO	NO
FRIENDLY BACTERIA?		
YES	NO	NO

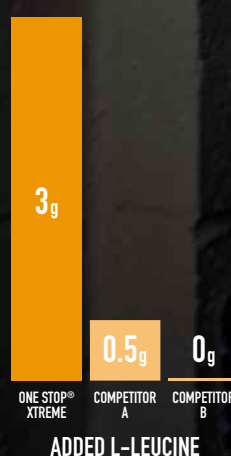
AMINO ACID CONTENT



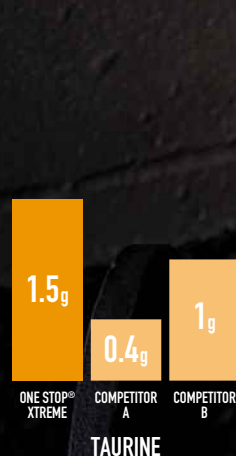
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Every month for a year, nutritionist Drew Price follows a different nutrition strategy. This issue...

Get Shredded

THE DIET

We hear a lot about revolutionary diets these days - high-protein, high-fat, all-shake - but a low-calorie diet seems like something your mum would do. However, Get Shredded, devised by nutrition guru Dr John Berardi, is the fashionable version. It's aimed not at middle-aged women but at bodybuilders, and it avoids the trite 'just don't eat as much' advice by providing clear guidelines.

THE CLAIM

As the name suggests, fat loss is the main goal. Berardi claims you can lower your body fat by one percentage point each week, even if you're already lean. Get Shredded is structured to maintain a high nutrient intake so you avoid the loss of muscle mass that's common with calorie restriction. Low-calorie living also has potential health benefits. Tests on mice suggest calorie-restricted diets can extend your life - though naturally we won't know if it works on humans for quite some time.

THE METHOD

First you work out your protein, fat and carb needs. Daily calories are set at your weight in pounds multiplied by ten (multiply your weight in kilos by 2.2 to find your weight in pounds). Of that, 30% is protein, 10% carbs and 60% fats, over four meals. At 82kg, I needed 1,800 calories, which breaks down into 140g protein, 45g carbs and 127g fats.

Supplements feature prominently in the plan. The most frequent is a cocktail of branched-chain amino acids (BCAAs) and creatine to support energy production and stop the breakdown of muscle mass, plus ZMA, vitamins and fish oils.

THE REALITY

Berardi warns people that Get Shredded isn't fun, and he's right. Even with the protein and fibre I felt hungry every day. There's a cheat day every two weeks, but those 14 days felt like ages.

The diet itself is pretty simple, but not always easy. Protein powder is banned



Calorie-restricted diets, while effective, are no fun - but this one won't leave you short of nutrients

on this plan, so there are no shortcuts to getting your full complement of protein - a daily irritation if, like me, you're not a morning person. The other main issue is the necessary weighing and measuring. To minimise disruption I prepped much of the food in advance and this meant a lot of very similar meals. When eating out you're restricted to chicken salad, and I probably shouldn't have gone to that barbecue festival.

Training was tough. Even with the regular doses of BCAAs and creatine, cardio or metcon felt like wading through treacle, and strength sessions weren't much better. Squat workouts were particularly pathetic.

THE RESULTS

Test results showed a body fat drop of 3.5 percentage points over the four weeks - not bad considering I fell off the wagon a couple of times. My main worry

was that I wouldn't be able to prevent muscle loss - but the tests showed a small muscle mass gain. Not much, but anything is a win when losing fat at that rate.

Triglycerides and markers of inflammation were low and steady, LDL or 'bad' cholesterol dropped a little and 'good' HDL - which can take a hit when dieting - held fast. My visceral fat - the stuff that collects around your organs and causes long-term health problems - decreased significantly.

THE VERDICT

Berardi says the diet is only right if you're already lean and experienced in both proper nutrition and training. If that's you, consider it for an effective - if tough - fat loss phase.

SHRED COUNT

Price's dull daily Get Shredded menu

Breakfast

3 whole eggs, 2 egg whites, 2 slices low-fat cheese, salsa and avocado
Multivitamin
2g fish oils

Shake

5g BCAAs, 2.5g creatine, 1 litre of water

Lunch

Chicken breast with a large salad
Small handful of almonds
2g fish oils

Pre-workout shake

5g BCAAs, 2.5g creatine, 1 litre of water

Post-workout shake

5g BCAAs, 2.5g creatine, 1 litre of water

Dinner

Lean steak with ratatouille
2g fish oils

Shake

5g BCAAs, 2.5g creatine, 1 litre of water

Supper

Salmon fillet with asparagus
ZMA

'Protein powder is banned on this plan, so there are no shortcuts'

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Lean and green

Smuggle fat-fighting veg into your diet and get ready to feel the burn

Hands up if your problem is you just eat too much green veg? Hands down, you liar - most people don't get enough, and anyway it's pretty much impossible to eat too much of the nutrient-rich stuff. So make Katrine Van Wyk's *Best Green Eats Ever* (published by The Countryman Press) your new kitchen companion - all its recipes are packed with handfuls of low-fat, fibrous green veg from healthy standards such as kale and spinach to more exotic fare such as purslane and napa. They'll help steady your blood sugar levels, fill you up and suppress food cravings - the time to go green is now.

CREAMY SPINACH SOUP WITH EGG BOATS

INGREDIENTS (SERVES 2)
1tbsp olive oil / 1 large onion, chopped / 4 garlic cloves, minced / 1 large potato, peeled and cubed / 240ml vegetable stock / 125ml water / 2 bay leaves / Sea salt and pepper to taste / 500g spinach, chopped / Handful of parsley, chopped / 2 hard-boiled eggs

TO MAKE

Heat the oil and sauté the onion and garlic for five minutes. Add the rest of the ingredients except the spinach, parsley and eggs, and boil for 15 minutes or until the potato is soft.

Take off the heat and add the spinach and parsley. Leave for two minutes, then remove and discard the bay leaf. Put the mixture in a blender and blend until smooth. Halve the hard-boiled eggs lengthways, ladle the soup into two serving bowls and garnish each with two egg 'boats' and a sprinkle of parsley.



GREEN FRITTATA

INGREDIENTS (SERVES 8)

8 eggs / 1tbsp butter / 2 garlic cloves, finely chopped / ½ a leek, washed and chopped / 1 small courgette, cubed / 375g spinach, washed / 1 sprig of fresh oregano, roughly chopped / Salt and pepper to taste / 180g feta cheese, crumbled

TO MAKE

Preheat the oven to 180°C/gas mark 4. Crack all the eggs into a bowl and beat them together lightly. In a large, medium-hot pan, melt the butter and sauté the garlic for one minute. Add the leek and sauté for three minutes, then add the courgette and sauté for another two minutes, stirring regularly. Add the spinach one handful at a time, allowing it to wilt in the pan. Finally, add the oregano, season and stir. Add the sautéed vegetables to a large baking dish. Pour the beaten eggs over the veg, add the feta and stir gently to make sure the vegetables and cheese are distributed evenly. Bake for 35-45 minutes. The frittata is done when a knife inserted into the middle comes out clean. Rest for ten minutes before serving.



BRUSSELS SPROUT SALAD WITH PEAR AND BACON

INGREDIENTS (SERVES 2)

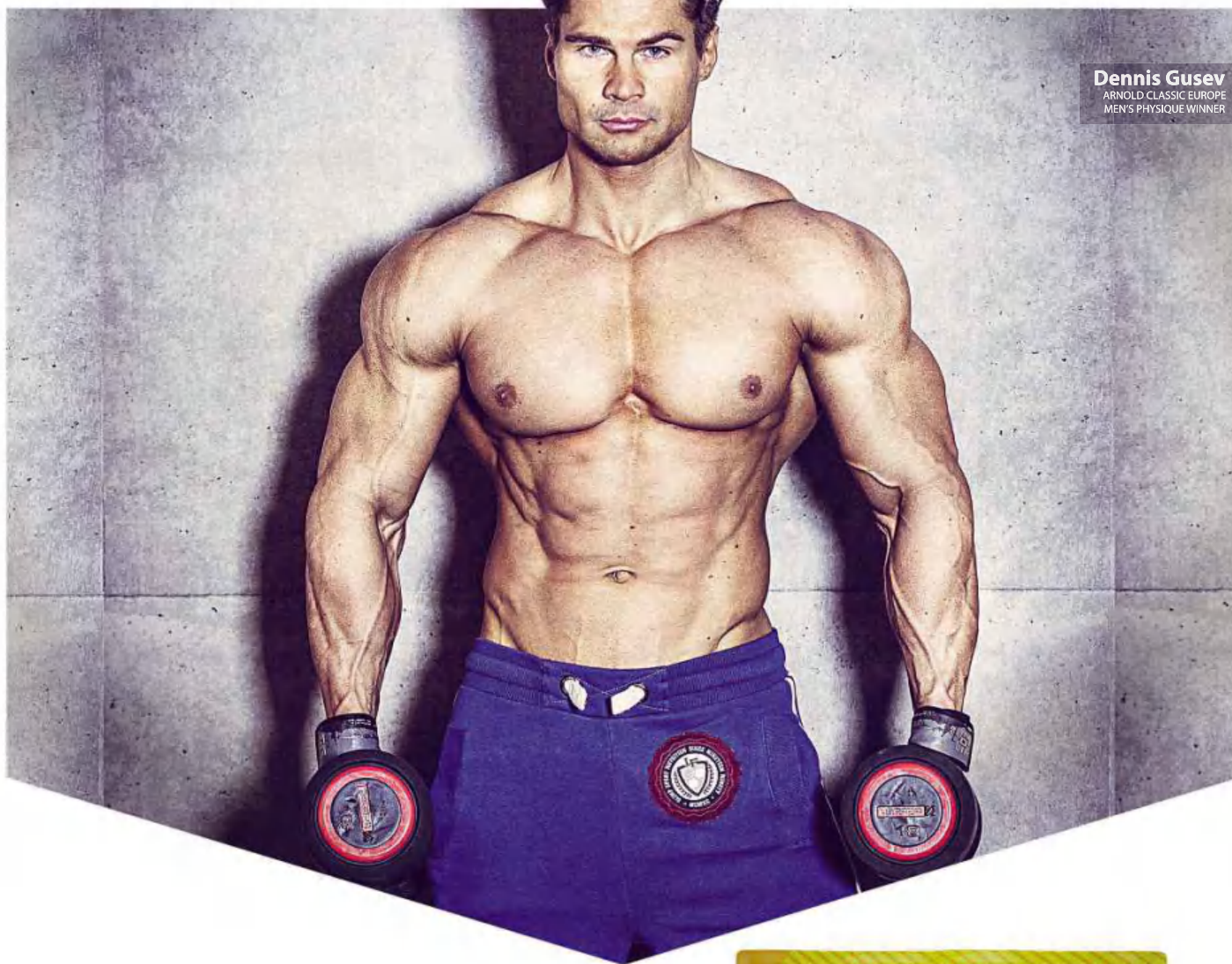
Salad 4 slices of bacon, cut into bite-size pieces / 2 shallots, finely chopped / Handful of Brussels sprouts, shredded /

100g kale, chopped / 1 pear, sliced / 50g mixed hazelnuts and walnuts, toasted and chopped

Dressing 3tsp Dijon mustard / 1tbsp honey / 1tbsp cider vinegar / 1tbsp olive oil / Salt and pepper to taste

TO MAKE

Cook the bacon pieces in a deep frying pan or wok. When they turn golden, remove from the pan. Add the shallots and sauté for one minute, and then add the shredded vegetables and sauté for another two to three minutes. Add the pear and sauté for one minute. Take off the heat and add the bacon and nuts. Mix the dressing, pour over, toss well and serve warm.



Dennis Gusev
ARNOLD CLASSIC EUROPE
MEN'S PHYSIQUE WINNER

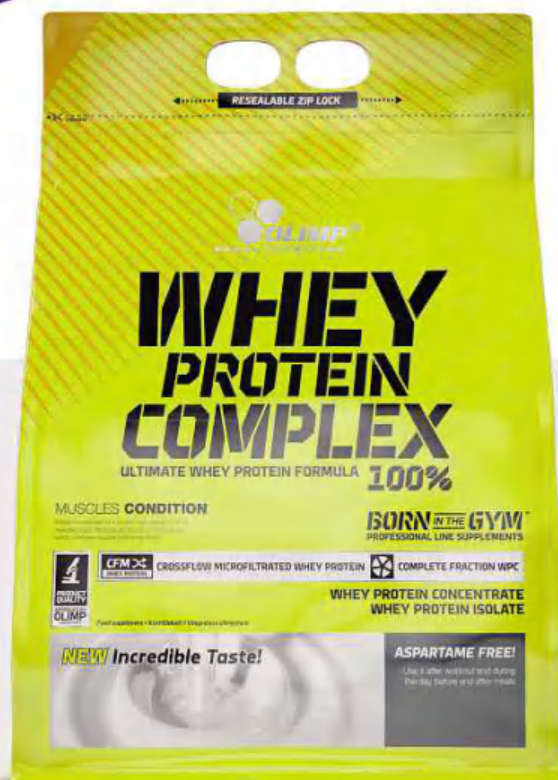
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Slim with the fishes

PREP TIME
5 minutes
COOKING TIME
25 minutes

Get summer-ready fast with 24 hours of low-carb living

Most modern men get their smoked salmon in exactly two formats: atop tiny parcels of sushi rice, or thrown on a bagel. However, there's a third option: using this bespoke recipe from the fat-loss maestros at Gym's Kitchen (gymskitchen.com) to get a fist-sized chunk of protein alongside an array of illness-proofing vegetables. Combine it with the other recipes in this plan for a day of low-carb eating that will keep you energised - and scorch away the fat.

BREAKFAST

Poached eggs with spinach, grilled tomato and mushrooms provides filling fibre and muscle-fuelling iron.

- Fry your mushrooms with crushed garlic for extra selenium, which is key to metabolism function.

LUNCH

Teriyaki smoked salmon with roast vegetables

Ingredients (serves 1)

- ½ an aubergine / 1 courgette / ½ a red pepper / ½ a yellow pepper / 1tsp olive oil / 125ml teriyaki sauce / 1 garlic clove, crushed / 1tbsp chopped coriander / 70g sliced smoked salmon

To make

- Preheat your oven to 200°C/gas mark 6.
- Toss the chopped veg in olive oil. Place on a baking tray and roast for 20-25 minutes.
- In a pan, heat the teriyaki sauce, adding water if it's too thick. Add the garlic and coriander and simmer for five to six minutes.
- Put the veg on a plate, top with rolled salmon slices and pour the sauce over them.

DINNER

Steak with sweet potato mash and asparagus provides immunity-boosting vitamin A and bone-strengthening vitamin K.

- Mash your potato with Greek yogurt for an extra hit of protein and calcium.

SNACKS

Cashew nuts and biltong provide energy-enhancing copper and muscle-building protein.



per portion

CALORIES
286

PROTEIN
23g

CARBS
37g

FAT
6g



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Shake up your gains

Supercharge your muscle-building efforts with a drink that's more than just a powder trip

Here's the key to superior bulking: not everything you ingest has to be solid. Whether you're eating three meals a day or six small ones, you can substitute one or two for what Precision Nutrition founder Brian St Pierre

calls a 'Super Shake' – a meal in liquid form that combines high-quality protein, fibre, healthy fats, antioxidants and more. Each drink contains a protein source, a fat source and a portion of veg, giving you everything you need in a glass.

INGREDIENTS

- ▶ 400ml whole milk
- ▶ 2 scoops vanilla or strawberry whey protein
- ▶ 300g frozen mixed berries
- ▶ Large handful of spinach
- ▶ 2tbsp of cashew nuts

TO MAKE

- Blend all the ingredients and serve.

CALORIES

723

PROTEIN

60g

CARBS

76g

FAT

22g

- 1** Milk provides casein, which builds muscle
- 2** Cashews provide monounsaturated fats, which improve heart health
- 3** Spinach provides iron, which feeds oxygen to your muscles
- 4** Berries provide pterostilbene, which helps the body break down fat



PERFECT BLENDS

Not on a bulking tip? Tweak your Super Shake for maximum benefit

FOR FAT LOSS

Banana shake 350ml water / 2 scoops vanilla or strawberry whey protein / ½ a banana / 150g frozen strawberries / Large handful of spinach / 2tbsp ground flaxseeds

FOR ENERGY

Blueberry shake 350ml iced green tea or water / 2 scoops vanilla whey protein / 150g frozen blueberries / Handful of kale / 1 beetroot, cooked / 1tbsp chia seeds

FOR IMMUNITY

Spinach shake 300ml iced green tea / 2 scoops vanilla whey protein / Handful of spinach / 6 carrots / 4 celery stalks / Small handful of parsley / 1 garlic clove / 2tbsp ground flaxseeds / 1 serving powdered greens

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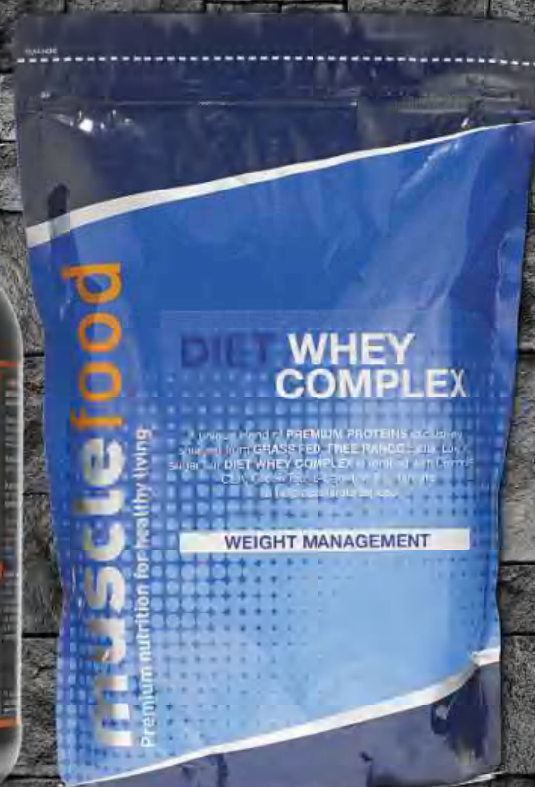
Looking for some training support? These healthy supplements will help you prepare for your workout, get through it and even recover and grow afterwards



1



2



3

1 BCAA
BCAA 2:1:1

MULTIPOWER

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www.multipower.com

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R
Reflex

The active ingredients in Muscle Bomb® - 24,500mg in each 30g serving - are specifically chosen for their role in maximising performance. Available in both caffeinated and caffeine-free varieties. 600g (40 servings).
www.reflex-nutrition.com

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Lean Means Recovered On Your Own

The very best ingredients to aid your weight loss goals! Diet Whey is made using a blend of the finest protein sources available. With 80% whey protein concentrate as well as milk protein concentrate, each serving has 30g of premium protein and just 3g of fat.
www.musclefood.com

4 CASEIN PROTEIN
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MULTIPOWER

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www.multipower.com

5 WHEY PROTEIN
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Lean Means Recovered On Your Own

Free-range, grass-fed, hormone-free, 100% natural flavours and no soy - every 25g serving of Whey Protein 85 Concentrate will give you more protein per serving than any other whey protein at no extra cost. Customers love the Cherry Bakewell flavour - it's had five-star reviews.
www.musclefood.com



4



5



6



7

6 MASS GAIN THREE-PHASE MASS



With a unique formula, Three-Phase Mass is significantly different from other gainers. You can use it as a mass gainer (180g serving, 44g protein), a heavyweight mass gainer (270g serving, 66g protein) or a meal replacement (90g serving, 335 calories, 22g protein, 53g carbs). www.directnutrition.co.uk

7 BLENDER NUTRI NINJA



Sick of shaking? Push one button and the Nutri Ninja® does the work for you. Mix up your favourite protein and supplements, or combine with your favourite fruits, nuts, vegetables and ice to create consistently smooth, great-tasting drinks packed with nutrients, vitamins and protein. www.ninjakitchen.eu



ESSENTIAL SUPPLEMENTS

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1 PROTEIN PORRIDGE MUSCLE FOOD



Boring old bland-tasting porridge is no more! New Strawberry & Apple and Apple & Cinnamon flavour Protein Porridge smash any other porridge flavours on the market. This product is free-range and sugar-free. www.musclefood.com

2 PROTEIN SMOOTHIE MULTIPOWER



With 26g of protein and just 142 calories in every 330ml bottle, the Protein Smoothie will support your weight loss or muscle maintenance regime. In Orange/Mango and Raspberry/Blueberry flavours, it's a perfect post-workout shake or healthy treat. www.multipower.com

3 PROTEIN FLAPJACK R-BAR



R-BAR is a bar of unrivalled quality, incorporating nutritionally uncompromised ingredients. It provides the finest milk protein, wholegrain oats, rapeseed oil and natural flavours, with no palm oil, glucose syrup or GMO ingredients. £19.99 for 12 x 70g bars. www.reflex-nutrition.com

4 MULTIVITAMIN NEXGEN PRO SPORTS



Nexgen Pro Sports contributes to the normal function of muscle, the immune system and the nervous system during and after intense exercise. It also helps reduce fatigue, protect you from oxidative stress and maintain bone and connective tissue health. www.reflex-nutrition.com

5 PROTEIN MOUSSE MUSCLE MOUSSE



Muscle Mousse provides 30g of time-release protein in a delicious, bubbly mousse. With only 170 calories per serving it's perfect to kill sweet cravings when eating clean. Choose from seven delicious flavours. It's available at all GNC stores or online, RRP £29.99. www.muscle mousse.com

3



5



4



6



7

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www.musclefood.com

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P116 THE LANDMINE THAT EXPLODES FAT **P118** TRAIN FOR A 10K **P120** THE DO-GOOD WORKOUT
P125 BIG-WAVE SURF FITNESS SECRETS **P136** FELL RUNNING MADE SIMPLE **P139** TRAIN FOR CHAOS

HOLD STRONG

A strong grip is the secret to a healthy heart

Nothing conveys strength and commands respect like a firm handshake – but it signifies more than just confidence, according to a new study published in *The Lancet*. The same grip strength that allows you to exude such power is also indicative of a healthy heart.

The study, which assessed the grip strength of 139,000 people over four years, found it directly correlated with risk of cardiovascular mortality. Simply put, the stronger your grip, the healthier your heart. Grip strength was used as an indication of overall strength – and quite rightly. It's typically your weakest link and the first thing to fail before your larger muscle groups when doing lifts such as deadlifts and pull-ups.

So how can you boost your grip and strengthen your heart? Ditch the straps. A 2011 study in the *Journal Of Strength And Conditioning Research* advised against using straps or other aids if you want to build better grip strength – which should lead to bigger gains, more strength and a healthier ticker. Instead, add towel pull-ups to failure at the end of your workout to boost your hand strength.



THE COACH **Mishal Dasani**



THE PLAN 'Instead of reps, doing each exercise for time will help you focus on good form,' says Dasani. 'Only add weight plates to the bar if your form is good and you find it too easy.'

WEEK 1

SETS 3 TIME 30SEC
REST 90SEC

WEEK 2

SETS 3 TIME 30SEC
REST 60SEC

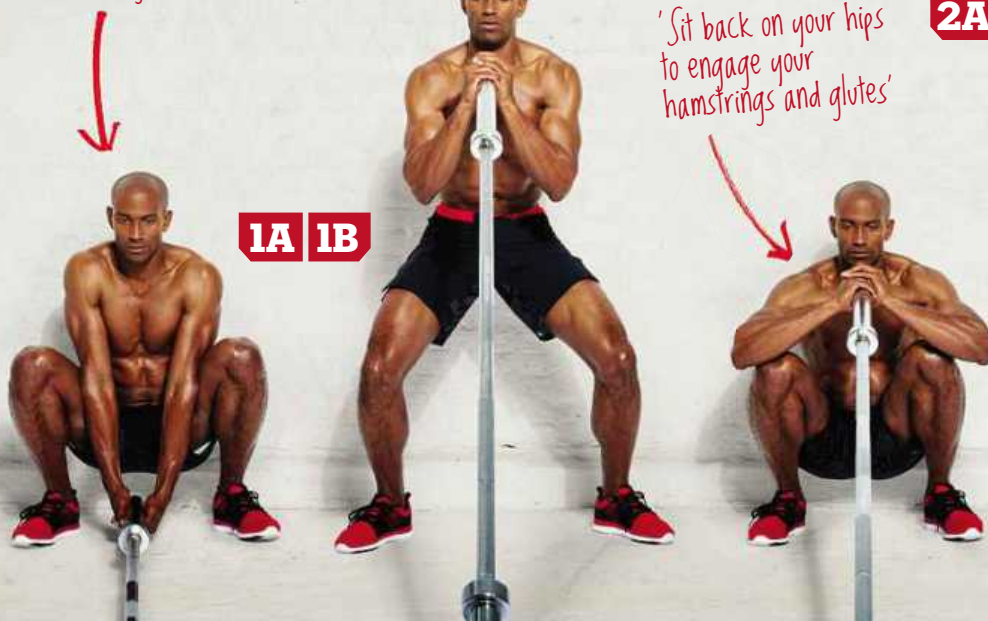
WEEK 3

SETS 3 TIME 45SEC
REST 90SEC

WEEK 4

SETS 3 TIME 45SEC
REST 60SEC

'Keep looking forwards to keep your chest up and back straight,' says Dasani



'Sit back on your hips to engage your hamstrings and glutes'

2A

BOMBS AWAY

Cut fat down to size with this landmine barbell complex

If your gym vocab needs a reboot, landmines - slightly distastefully - are those swivelling things for slotting a bar into, lurking in the corners of your gym. Haven't got one? Angle a barbell into a corner

or a weight plate on the floor and execute these moves back to back to build a lean physique in minutes. 'You use your whole body during this short, intense workout, and it'll flood your body with growth hormone,' says

Mishal Dasani of Own Your Fitness (ownyourfitness.co.uk). This combo is perfect if you want rapid fat loss and improved muscle growth. Use Dasani's four-week plan (above) to plot your fat-burning assault.

1// POWER CLEAN

Angle a barbell into a heavy weight plate on the floor. Squat and grasp the bar with both hands. Drive up, pulling the bar up quickly. As the bar passes chest height, drop under it and catch it with your elbows tucked in to your body.

'Point your toe diagonally so that your knee tracks over your toes'



4A 4B

5A

2B



'Keep your arms and shoulders locked to focus the movement on your core'

3A 3B



2// FRONT SQUAT

After the final power clean rep, keep the bar in front of your chest and sink into a deep squat, with knees wide and chest up. Then press through your heels and drive your hips forwards to stand tall.

3// ROTATION

Hold the bar with both hands and keep your arms straight as you rotate the bar from one side to the other in a wide arc, keeping your core muscles tight throughout the move. Pivot your knees to follow the direction of the bar. Alternate sides.

4// LATERAL LUNGE

Hold the bar in front of your chest and step to the side so your feet are twice shoulder-width apart. Bend your right knee to lower into a deep side lunge, then repeat on your left side. Alternate reps.

5// ONE-ARM THRUSTER

Stand with your feet hip-width apart and hold the bar in one hand at shoulder height. Lower into a squat, drive up to stand and use the momentum to press the bar overhead. Swap sides halfway through the timed set.

6// MEADOWS ROW

Turn side-on to the bar and bend forwards from the hips. Grasp the bar with one hand, using an overhand grip, and lean on your knee with your other arm for support. Row the bar to your armpit. Swap sides halfway through.

5B



'Keep your core engaged to transfer power from your lower to upper body'



'Retract both shoulder blades throughout to keep your back flat'

6A 6B





THE TALK TEST

Use these perceived-effort guidelines with the table on the right to gauge how hard to push on your training runs

LEVEL 6 Easy, can speak in complete sentences

LEVEL 7 Able to hold a conversation

LEVEL 8 Able to speak in short sentences

LEVEL 9 Able to say 4-5 words maximum

LEVEL 10 Able to say 2-3 words maximum



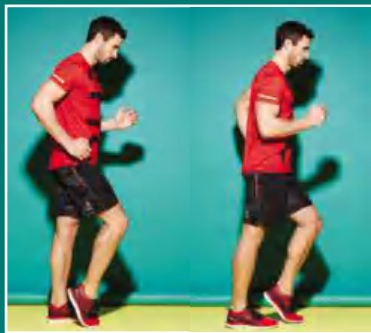
RUN YOUR FASTEST 10K

Target a 10K to build cardio and muscular endurance... in your lunch hour

As Christopher McDougall's best-seller *Born To Run* explains, man was made to move. And a 10K race is the perfect place to start. Training runs won't over-stress your body, you'll challenge your aerobic system and muscular endurance to keep going and the distance is just short enough for a sprint

finish. Check out runbritain.com to find a 10K race near you or race against the clock. The world record is 26min 44sec, but beginners should target under an hour, semi-regular runners aim to beat 50min and for veteran pavement-pounders, a sub-40min 10K is the benchmark. Here's how to cut down your running time.

THE WARM-UP Three 20m sets of stretches from coach Nick Anderson (runningwithus.com) to get you up to speed



1. ANKLING

To warm up the achilles and calves and boost eccentric strength. Keep your body upright as you take small steps, landing first on the ball of your foot with your heel raised and then slowly lowering it to the ground.



2. REBOUND

To increase foot speed and lower limb power. Step forward with quick feet, landing lightly on your midfoot and bouncing back off the ground. Keep your body tall and your legs straight.



3. HAMSTRING WALK-OUT

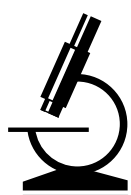
To build hamstring flexibility and strength. Put your heel on the ground with your toe up and leg straight. Sink your hips low and sweep your arms past your ankles as you move forwards back to standing. Swap legs.

THE PLAN Ben Barwick (fullpotential.co.uk) outlines an eight-week plan that will get you set to run your fastest 10K. Use the 'talk test' opposite so you know how hard to push. As Barwick says, 'harder isn't necessarily better'.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	REST	30min @level 8	REST	4x5min@level 9 with 90sec recovery jog	REST	REST	50min @level 7
WEEK 2	REST	5x5min@level 9 with 90sec recovery jog	REST	REST	REST	5x3min@level 10 with 60sec recovery jog	60min @level 7
WEEK 3	REST	35min @level 6	REST	3x8min@level 9 with 90sec recovery jog	REST	6x4min@level 10 with 90sec recovery jog	75min @level 7
WEEK 4	REST	6x5min@level 9 with 90sec recovery jog	REST	6x4min@level 10 with 90sec recovery jog	REST	REST	75min @level 7
WEEK 5	REST	6x5min@level 9 with 60sec recovery jog	REST	40min @level 6	REST	5km @level 10	80min @level 7
WEEK 6	REST	3x8min@level 9 with 90sec recovery jog	REST	6x5min @level 10 with 90sec recovery jog	REST	REST	80min @level 7
WEEK 7	REST	4x8min@level 9 with 90sec recovery jog	REST	6x4min@level 10 with 90sec recovery jog	REST	30min @level 8	45min @level 7
WEEK 8	REST	4x5min@level 9 with 60sec recovery jog	REST	REST	REST	20min@level 6	Race day



THE EXPERIMENT



CAN HELPING OTHER PEOPLE GET ME FITTER?

Altruistic fitness groups combine regular training with charitable works. MF's Nick Hutchings signs up with GoodGym to find out just how effective that is

For me, getting into shape has always been a fundamentally selfish activity – whether it was to live longer, lift a certain weight or make myself more attractive to the ladies, it was always about me. Having a child has changed my outlook, however. I spend a lot of time training and, as my daughter grows up, I find myself wondering if there's a way to combine that training time with making the world a better place for her.

There are always charity races, of course, but they require (a) other people to get

involved via sponsorship and (b) specific event training. I just want to be able to work out while helping people and the planet.

That's what GoodGym is about. This community of runners aims to get fit by doing good. 'As a member of GoodGym you can run in a pack to work on a community project, do one-off missions to help vulnerable people or commit to visit an isolated older person every week,' says founder Ivo Gormley.

There is still a slightly self-centred element, because helping people not only makes you feel good about yourself – it also makes you healthier. According to a recent study published by the British Medical Council, giving time to charity can help you maintain healthy blood pressure and ward off heart attacks, strokes and dementia. So can I reap all these benefits with the GoodGym movement?

GOOD TIMES

GoodGym runs weekly sessions in locations across London and, with each one

attracting up to 60 people, there's scope for nationwide expansion. 'We're aiming to bring GoodGym to every city in the UK within the next two years,' says Gormley.

One of the attractions is its convenience – you just sign up for a session online with no long-term commitment – and another is the absence of fees (although you can make a donation). When I arrive at the meeting point at PAPA's Park in Brixton, I find 35 like-minded men and women clustered around PT Rebecca Cox, who's dividing people into groups that will perform different tasks.

Over the 90-minute session, some stay at PAPA's Park to paint fences and do circuits, while others run to a nearby spot to plant flowers. The group I join runs 1.5km to a community building and unearths three sizeable trees. Then we carry them another 1.5km to plant them at Pop Brixton, a new community campus for start-up businesses.

BRANCHING OUT

We run only as fast as the slowest person in the group, so there's no danger of anyone



Photography Tom Miles



MF's Nick mixes traditional exercise with community gardening and painting for a do-gooding workout.



being left behind. Once we've uprooted the trees, I carry one with GoodGym regular Mark, who says he loves the sense of camaraderie the organisation fosters. 'I've made some great friends here,' he tells me as we struggle to keep branches out of our faces while running. 'Plus it gets me doing a bit of quirky resistance work. The rest of my training is more cardio-based, so this definitely makes my fitness well-rounded.'

After planting our trees, there's a recovery jog back to PAPA's Park for some circuits. Between tough rounds of burpees, press-ups, jump squats and sprints, Cox tells me a bit more about how GoodGym sessions work. 'The division between community tasks and more conventional training depends on how many jobs we've sourced and how many people take part,' she says.

In another GoodGym session - this time in King's Cross - we run 2km from the meeting point to a housing estate, where we take part in a spot of composting: shifting organic waste into buckets, then hefting it over to a compost machine. On the way back, we

stop by the canal for ten minutes of circuits - press-ups, dips, star jumps, burpees and squats. Other sessions involve running to older people's houses to help them with anything from changing lightbulbs to painting a room. 'Sessions should leave you feeling like you've really pushed yourself,' says Gormley, 'but also that you've met some great people and done something positive.'

FEELING GOOD

I definitely have a warm fuzzy feeling after a GoodGym session - I can't tell if it's an endorphin rush build-up, pride that I've helped somebody or a combination of both, but I like it anyway. However, the fitness benefits are strictly those long-term ones outlined by the British Medical Council. It'll get you fitter than simply doing charitable works, and it'll obviously help others more than simply working out will. It might not do you as much good as a more structured plan, but it'll help you sleep better at night - and that certainly won't hurt.

goodgym.org

SWEET CHARITY

Other altruistic activities that can get you fitter

PLANT TREES

From sowing fields to digging ponds, Green Gyms will pair you with the right conservation project. Practical. tcv.org.uk/greengym

WALK HORSES

Spending time with animals lowers your stress levels, and 'power pony walking' with World Horse Welfare adds a hit of low-intensity physical activity. worldhorsewelfare.org

SUPPORT COMMUNITY CLUBS

Join In connects volunteers with the right activities, whether that's coaching kids' football teams, setting up running groups or pacesetting for charity races. joininuk.org

PROTECT & PRESERVE

*The office is ruining your posture.
Use your house to fix it*

Call it a hunch: there's every chance modern life is ruining your posture. Typing, texting and slumping in a chair all lead to muscle imbalances, but help is at hand. 'By working your scapula and supporting muscles, you'll improve your posture and get stronger,' says strength coach Chet Morjaria, who created this workout. Do it twice a week and get your back in action.

1

SCAPULA DIP

SETS 3 REPS 8

Hold the edge of a chair with your arms locked and your legs straight out in front of you. Keeping your elbows straight, bring your shoulders up towards your ears, moving your scapulas - the technical term for your shoulder blades - up with them. Pause, then press back up and repeat.

A

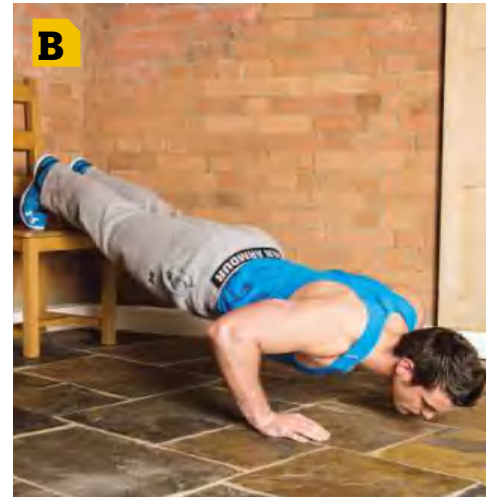
B

2

DECLINE PRESS-UP

SETS 3 REPS 15-20

Increasing the angle will get you more resistance with fewer reps. Get into a press-up position with your feet on the chair, keeping your elbows in to minimise rotator cuff strain. Lower until your chest is a fist's width from the floor, then press up.

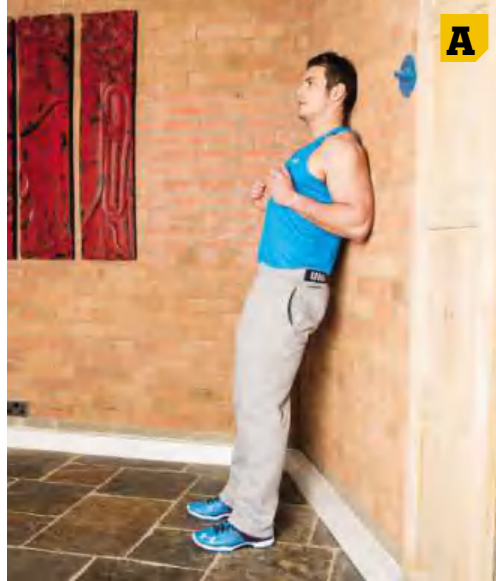


3

BATWING

SETS 3 REPS 6

Think this looks easy? It isn't. Stand against a wall with your arms bent, then push your elbows back to activate your scapulas and move yourself away from the wall. Hold at the top for two seconds and then lower, increasing the angle if it's too easy. For maximum back activation, try it lying on the floor.



4

SKULLCRUSHER

SETS 3 REPS 8

Don't worry - it's just a name. Grip the edge of your chair with both hands, then lower your head towards the floor, bending at the hips slightly to reduce the strain. Pause at the bottom, then use your triceps to push back up.

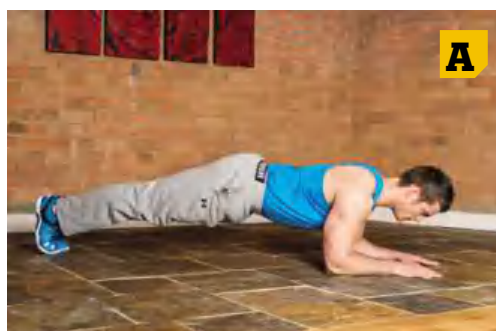


5

WALKING PLANK

SETS 3 REPS 10

Start in a plank position with your forearms on the floor and body straight, then 'walk' one hand at a time up into a press-up position. Reverse the move to the start.



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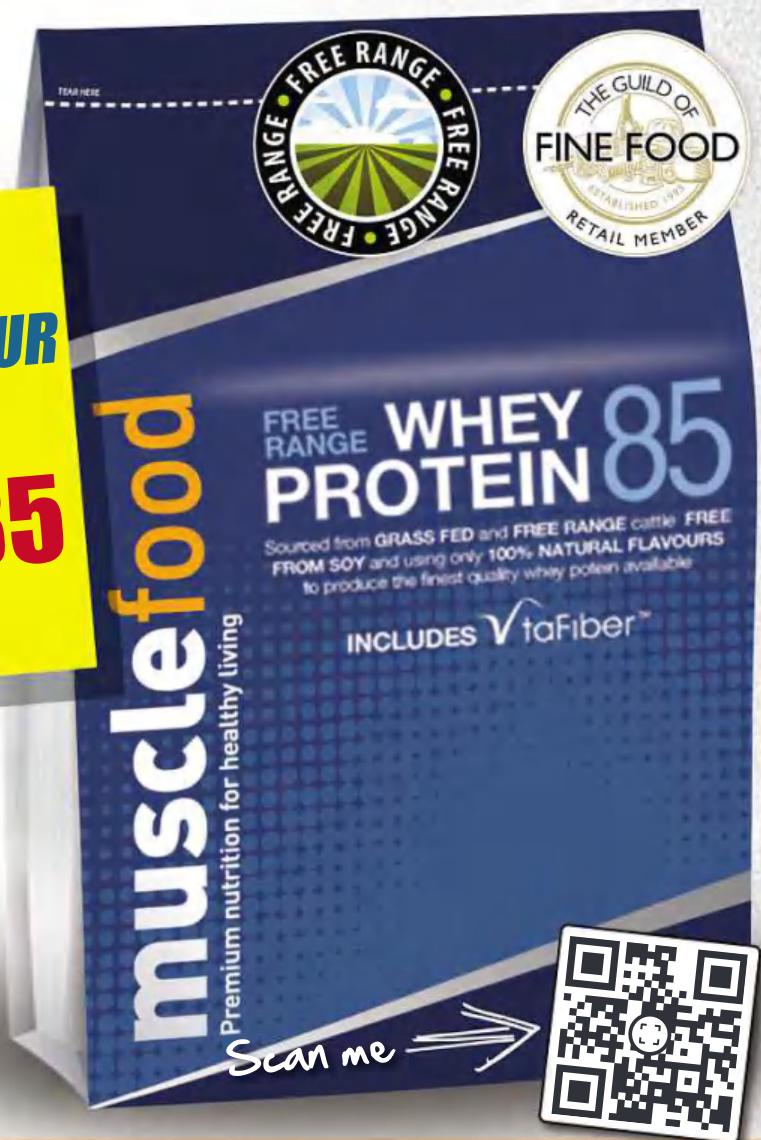
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**BRITAIN'S BEST
BIG-WAVE SURFER**

ANDREW COTTON

The UK's finest boarder tells MF how deep breathing and interval training help prepare him for anything the surf can throw at him - including riding 25m giants

ANDREW COTTON



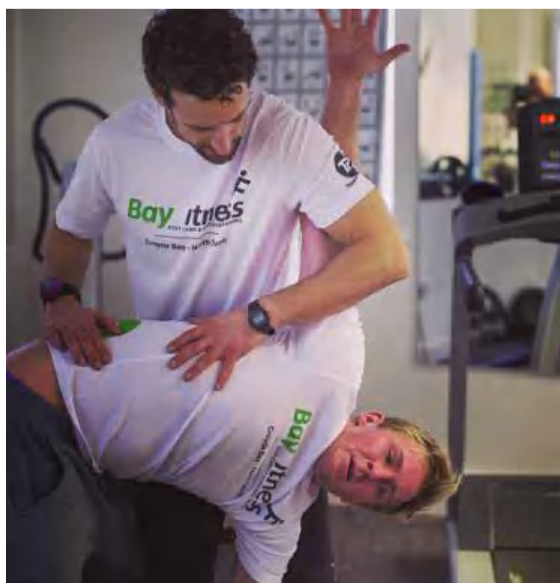
Age 35

Height 180cm

Weight 82kg

Achievements

- 2014 Rides 25m (80ft) wave at Nazaré, Portugal
- 2012, 2014 Shortlisted for Biggest Wave at the Billabong XXL awards - the surfing world's Oscars



From top: Cotton's coach Andy Blake takes him through resistance exercises at the gym, mobility work to keep him flexible, and open-air strength work by the seaside

I imagine sprinting flat-out for 100m, holding your breath for half a minute, taking a frantic second to gasp one breath, then holding it again for another 30 seconds and never knowing when that's going to stop. That's how big-wave surfer Andrew Cotton describes the physical duress he puts his body through every time he heads out hunting a giant to ride. And that doesn't even account for the impact his body has to endure when crushed by an eight-storey-high wave collapsing on top of him. 'It's like being hit by a truck,' he says, when *MF* speaks to him at his home in north Devon, fresh from a coastal run.

Although a surfing destination, England's southwest isn't exactly famed for its big-wave conditions; nor are 35-year-old fathers of two and former plumber-cum-lifeguards

'IT'S LIKE BEING HIT BY A TRUCK'

known for pushing the boundaries of the adrenaline-fuelled sport. But the modern-day hunt for the elusive 30m (100ft) wave is leading people from the traditional surfer's paradise of Hawaii towards the Atlantic coasts of Ireland, Spain and Portugal, making the UK a perfect base. And it was off the Portuguese coast on 2nd February

HIIT THE BEACH

Cotton's big-wave workout, combining quickfire HIIT drills and core moves, will get your body ready for action or admiration come summer

1 SPRINT POP-UP TO RECOVERY PLANK

SETS 1 REPS 10 REST 3MIN

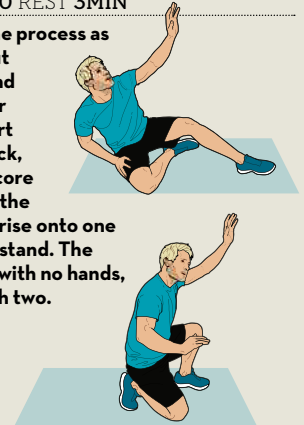
Draw two lines in the sand 10m apart. Starting on one line, sprint to the other, get down on the floor so your chest is touching the sand, then simulate a surfing pop-up to get back on your feet and sprint to the other line. Repeat this process non-stop for ten seconds then drop into a 30-second plank, focusing on big-wave recovery breaths (as Cotton explains on p130) to slow your heart rate.



2 SPRINT GET-UP TO RECOVERY SIDE PLANK

SETS 1 REPS 10 REST 3MIN

Follow the same process as in exercise 1 but with get-ups and side planks. For the get-up, start flat on your back, contract your core to sit up, using the momentum to rise onto one knee and then stand. The hardest way is with no hands, the easiest with two.



3A MEDICINE BALL WINDMILL LUNGE

SETS 3 REPS 10 EACH SIDE REST OSEC

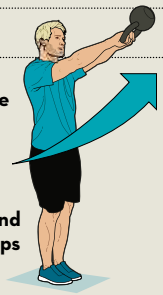
Hold a medicine ball with both arms straight in front of you. Lower into a lunge, then, keeping your core tight and hips facing forwards, slowly trace a large circle in front of you with the ball. Return to the start. Alternate sides.



3B KETTLEBELL REVERSE WOODCHOP

SETS 3 REPS 10 EACH SIDE REST 60SEC

Stand with your feet and knees together and hold the kettlebell with both hands to one side. Keeping your core strong, chest up and arms straight, rotate your trunk to swing the bell up and across you. Complete all reps on one side, then switch.



4A MEDICINE BALL SIDE LUNGE REACH

SETS 3 REPS 10 EACH SIDE REST OSEC

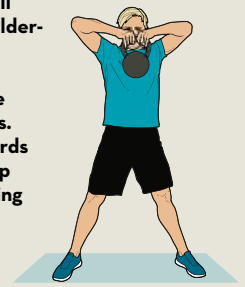
Hold a medicine ball high above you in both hands. Then take a big step to one side and lower into a lunge, pointing your leading foot in the direction you step. As you lower into a lunge, reach towards your foot with the ball, then drive back to standing with the ball high above you, and continue into a lunge on the other side.



4B KETTLEBELL SUMO HIGH PULL

SETS 3 REPS 10 REST 60SEC

Stand over a kettlebell with legs double shoulder-width apart. Keeping your chest up, bend your legs and grab the bell with straight arms. Drive your hips forwards as you raise the bell up to chest height, keeping your elbows high.



5A MEDICINE BALL CLEAN AND THROW

SETS 3 REPS 10 REST OSEC

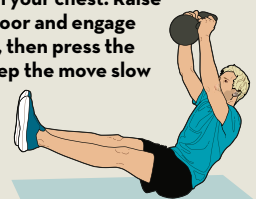
Stand over a medicine ball. With chest up, bend your legs to grab the ball. Drive your hips forwards as you raise the ball to chest height, dropping your elbows below the ball, then lower into a quarter squat. As you drive up, throw the ball high and slightly forwards so it lands in front of you. Walk to the ball and repeat.



5B KETTLEBELL SIT-UP AND PRESS

SETS 3 REPS 10 REST 60SEC

Lie on the floor and hold a kettlebell with both hands so it rests on your chest. Raise your legs off the floor and engage your core to sit up, then press the bell above you. Keep the move slow and controlled and don't let your legs touch the floor throughout.



Playing with the big boys: Cotton takes on a 25m giant off the coast of Portugal

2014 that Cotton made waves in the sport - and headlines in the papers - for catching an estimated 25m giant off the shores of Nazaré, 100km or so north of Lisbon.

Being ready to go, mentally and physically, at the first sign of stormy, big wave-brewing weather, is the priority of Cotton's training in and out of the surf.

READY TO ROLL

'Training and preparation are more important in big-wave surfing than in any other sport,' says Cotton's trainer, Andy Blake of Bayfitness Croyde (bayfitness.co.uk). 'It's not just your performance on the line, it's your life.' Rather than putting Cotton through double sessions to battle-harden his body for the rough and tumble of the water, Blake's focus is to keep him in prime condition at all times. ➤

Time and tide wait for no man: Cotton has to be ready to go whenever the big waves roll in



'I can't afford to have bad DOMS [delayed onset muscle soreness],' says Cotton. 'I've done that before a wave hit and regretted it. These big waves could happen anytime. I'm not training for a marathon - building up to a set race date. You have to be prepared to go all day, at any time, because the next day the wave might be gone. I try to make my body feel really good. Being at my peak physical fitness gives me confidence.'

Despite the all-encompassing demands of the sport, Cotton will only spend a maximum of eight hours a week training with Blake - not including surfing. 'Our training is holistic and eclectic,' says Blake. 'It involves resistance training on the beach and in the gym, pool and sea sessions, dynamic yoga, restorative

'PEAK FITNESS GIVES ME CONFIDENCE'

yoga, mobility work for his shoulders, hips and knees and massage therapy.'

But the focus is always on replicating what's demanded of his body in the water. 'A lot of the exercises we perform mimic the demands of surfing through dynamic

functional movements,' says Blake [see the workout on p127]. 'This involves key muscles being able to work for a prolonged period of time while engaging deep core muscles to protect the spine and improve balance.'

The priority is muscular endurance, not sheer power and strength. Every exercise Cotton does, from variations of burpees to breathing techniques when holding a side plank, will have a direct link to his time on the board - or getting control of himself when he's inevitably knocked off it.

AIR TIME

Blake, an experienced yoga teacher and sports therapist, has worked with some of the leading surfers in the world, including American Garrett McNamara who Cotton towed out on a jetski to surf the official Guinness World Record 23.7m (78ft) wave in 2012 (bigger waves have been surfed, but only unofficially). 'I always like to train with people better than me, whether it's running, swimming or in the gym, to push me to work harder,' says Cotton.

But a recent attempt in December 2014 to eclipse McNamara's record almost ended in disaster for Cotton, underlining the high-risk nature of the sport. He escaped with only a hyperextended arm when he lost an 18m wave at Nazaré, surfaced behind the rescue jetski and endured a further four monster waves crashing on his head.

'The natural instinct is to fight and swim to the surface, but that is the last thing you should do,' Cotton told reporters at the time. 'You have to relax and go with it. Holding your breath is a complete mind

Taking the tube: knowing how to survive when he wipes out is a key part of Cotton's skillset



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game. If you start panicking, your heart goes and you use more energy and oxygen.'

Holding his nerve when the sane reaction would be to panic is actually something he incorporates into his physical training. 'I recently did a freediving course and learned to increase holding my breath from two minutes to four,' says Cotton, who also does meditation and hypoxic sessions in the pool with Blake. 'It's given me the edge. A lot of people only breathe into the top part of their chest. But I use a sort of yoga breath, where you breathe three seconds in, ten seconds out. When doing exercises

Wax on, wax off:
Cotton gets his board
ready for action

'YOU'RE IN A SITUATION WHERE YOU COULD DIE'

in training or waiting for a wave, I'll do that to oxygenate my blood and make my body more efficient. That way if I go under I know I've got plenty left in the tank to ride it out.'

FAILURE OF FEAR

It would be easy to assume suppressing fear is a prerequisite of big-wave surfing. But Cotton relishes it. 'Fear is good,' he says. 'I use it as a tool and overcome it. I'm certainly not fearless. I get scared of cycling downhill too fast and go much slower than my mates. But being in the water reminds me that I'm alive, whether I'm surfing 2ft waves in Croyde or 80ft ones in Nazaré.'

'That might sound hippy-ish or straight out of *Point Break*, but I'm not an adrenaline junkie. Surfing is so unique. You're so far out of your comfort zone. You're entering a situation where you could die. Being physically fit gives me the psychological confidence to put everything on the line.'

Earning the physical prowess in the gym to feel fit in the water is one thing, but coping with the life-or-death nature of entering the water when the perfect storm is striking is one thing you simply can't train for.



Matt Warshaw, author of *The Encyclopedia Of Surfing*, explained it best when quoted in *The Independent*. 'Guys who ride big waves can somehow shut off the panic button,' he said. 'Our minds are hard-wired to not be in the vicinity of huge breaking surf. So, even though I know that big waves almost never hold you down for more than 15 seconds, I could never make myself believe that in the moment. I start to panic after about seven seconds - 99.9% of surfers do. Guys like Andrew Cotton don't. They can make logic override survival instinct.'

RIDING HIGH

When Cotton recalls the morning of his most publicised ride, fear certainly comes to mind. 'The build-up to that morning was the hardest,' he says. 'It was without doubt

one of the biggest waves to hit Nazaré. The predicted heights and wave readings were quite frightening. But the second you get into the ocean when it's like that, fear is there, but you put it in a different place.'

Nazaré fulfilled one of Cotton's long-held dreams. 'That was the wave I've been waiting for since I've been on a board,' he says simply. 'We [McNamara towed him out] were out there for four hours and that was the only wave I got. It happened in seconds but in slow motion. Although it was the wave that got me the most attention, it's not my best wave. I fully believe my moment is still yet to come and that motivates me to keep fit and ready for when it arrives.'

For more about Andrew Cotton's surfing adventures, in association with Sharp's Brewery, visit sharpsadventure.co.uk



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Wide-grip pull-ups will give you an enviable V-shaped torso and develop all the key upper back muscles needed to paddle hard. 'Every day I aim to do four sets of ten,' says Cotton.

POP STARTS

Cotton does ten pop-ups during TV ad breaks and hones his pop-up reactions by jumping up when his toast pops up. 'It helps it become ingrained so it's instinctive out on the water.'

FLAT RELIEF

A flat swell is the time to hone paddling efficiency. 'Treat it like running intervals. Do 30 seconds flat-out, with a minute's rest, ten times. This mimics the effort needed when big waves arrive.'

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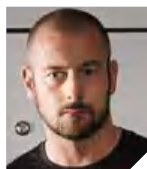
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THE COACH

Andrew Wiseman is a strength and conditioning coach at Six3Nine (six3nine.com). Having coached at clubs including Chelsea and West Ham United, he's worked with a range of players from academy level to full internationals.



THE GOAL

'Football is a high-intensity, intermittent sport with a need for a multitude of physical qualities such as strength, power, agility and speed, alongside core stability,' says Wiseman. 'Footballers work in all planes of motion, using every part of their bodies in harmony, and I look to strengthen players all over to make them stronger and more robust to resist injury. These exercises build the qualities required to play the game, giving you the edge on the pitch.'

THE WORKOUT

'These exercises will help you to build a foundation of strength, increase leg power in order to jump higher and sprint faster, and build core stability to hold off opponents and reduce injury through impact. Do three sets of each exercise, resting 60 seconds between sets. As you progress, look to reduce the number of reps (apart from for the box jump) and increase the weights you lift (or the height you jump for the box jump). After eight weeks, you should be lifting between three and five reps. Use a weight that takes you almost to failure in the final rep so you force your muscles to work hard and grow back stronger. Record what you're lifting for each exercise throughout each session to track your progress.'



1 BOX JUMP

Stand facing a box with your feet shoulder-width apart. Lower into a half squat, swinging your arms backwards, then leap onto the box, swinging your arms forward in the process to gain momentum. Land on the box with your knees bent to absorb the impact of the jump. Step down and repeat.

BEGINNER 5 REPS

INTERMEDIATE 5 REPS (LANDING ON ONE LEG)

ADVANCED 5 REPS (SINGLE-LEG BOX JUMP)



2 SQUAT

Stand with feet just wider than shoulder-width apart. If you're using dumbbells, hold them by your sides; if a barbell, rest it on the backs of your shoulders. With your chest up and core braced, squat down until your thighs are parallel with the floor, keeping your knees wide apart. Drive up through your heels to stand.

BEGINNER 10 REPS (UNWEIGHTED)

INTERMEDIATE 10 REPS (DUMBBELLS)

ADVANCED 10 REPS (BARBELL)



3 ALTERNATING STEP-UP

Stand facing a box or bench. Keep your core braced. Extend at the hip and knee of your left leg and place your left foot on the box, then push upwards with your right foot to stand on it with both feet. Exhale, step down from the platform and repeat on the other side.

BEGINNER 10 REPS (UNWEIGHTED)

INTERMEDIATE 10 REPS (LIGHT DUMBBELLS)

ADVANCED 10 REPS (HEAVY DUMBBELLS)



4 BENCH PRESS

Lie on a bench holding a bar with an overhand grip and hands just over shoulder-width apart. Drive your feet into the floor and press straight up until your arms are extended. This is your start position. While inhaling, lower the bar slowly to just above your chest, then push back up to the start position while exhaling.

BEGINNER 10 REPS (LOW WEIGHT)

INTERMEDIATE 10 REPS (MEDIUM WEIGHT)

ADVANCED 10 REPS (HIGH WEIGHT)



5 WIDE-GRIP PULL-UP

Grip the pull-up bar with your hands wider than shoulder-width apart. Lean your torso backwards, stick out your chest and contract your core, then pull yourself up towards the bar, keeping your torso still and looking straight forward. Once your chin has cleared the bar, lower yourself until your arms are fully extended.

BEGINNER 8 REPS (BAND ASSISTED)

INTERMEDIATE 8 REPS (UNWEIGHTED)

ADVANCED 8 REPS (WEIGHTED)



6 LUNGE AND TWIST

Holding a medicine ball, take a big step forward and lower into a lunge, keeping your torso upright and your front knee in line with your toes. At the bottom of the lunge, contract your abs and rotate your upper body to the same side as your front leg, then back to the middle. Push up with your front foot to return to the start position. Repeat on the other side.

BEGINNER 8 REPS (BODYWEIGHT)

INTERMEDIATE 8 REPS (LIGHT BALL)

ADVANCED 8 REPS (HEAVY BALL)

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INJURY-FREE CYCLING

*Hours spent in the saddle can lead to hours on the treatment table.
Here's how to enjoy more of the former and avoid the latter*



Morgan Lloyd is a physio at Cyclefit (cyclefit.co.uk) and a consultant physio for Trek Factory Racing and Matrix Fitness-Vulpine, helping with pre-season injury screening for riders such as GB Olympic champion Laura Trott.

It took two fractured vertebrae for Swiss rider Fabian Cancellara to pull out of this year's Tour de France – but not before he had finished the last 48km of the stage. For the mere mortal, muscular and joint injuries are more likely to interrupt your ride – but taking these simple steps can keep you in good repair.

1 ANTERIOR KNEE PAIN

'If your saddle's too low or far forwards you can put pressure through the patellafemoral joint with each downward pedal stroke, wearing away the cartilage where your kneecap tracks,' says Lloyd. 'Weak ankles and glutes can also cause your knee to cave in and kneecap to track badly.'

PREVENT IT

'Set the saddle so the angle behind your knee at the bottom of each stroke is around 145° and your knee is over the centre of your pedal when your leg is bent at 90°. Strengthen your glutes with single-leg partial squats, keeping the knee in line with your second toe on each rep. Focus on control as you do three sets of 20 slow reps.'

2 LATERAL KNEE PAIN

'This is most commonly felt as Iliotibial Band Friction Syndrome (ITBFS), which is when your IT band rubs over the lateral femoral condyle, causing inflammation. This is commonly caused by the seat being too high and the IT band having to compensate for weak glutes and leg muscles.'

PREVENT IT

'Get your saddle height right and increase your stance width to reduce stress on the outside of your knee. Attach the cleats towards the inside edge of the sole of your shoe, putting your feet further apart, and adjust how tightly your cleats are clipped in so your shoe can move naturally as you ride, reducing stress on your knee.'

3 LOWER BACK PAIN

'Rounding your back when riding ups the risk of a prolapsed disc in your lower back. This can be caused by poor flexibility, due to tight hamstrings pulling your pelvis down, and weak core strength that stops you maintaining good riding posture.'

PREVENT IT

'Riding in the right posture will strengthen your core, as will planks. Do three sets of one-minute



Bend from the hips with a straight spine for an aerodynamic position that reduces the pressure on your back muscles

ONE-KIT FIX



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'An old, fatigued saddle that sinks in the middle and forces your pelvis to tilt forwards is often the cause of poor riding posture and back injury,' says Lloyd. 'A firm saddle that's flat, when viewed side-on, will stave off issues before they surface.'

holds three times a week. To stretch your hamstrings, put your front foot flat on the second step of a staircase. With your back leg straight, front leg bent, back flat and hips still, lean forwards to stretch the hamstrings in your front leg. Hold for one minute, three times on each leg.'

4 UPPER BACK AND NECK PAIN

'Rounding your back means your upper back and neck muscles have to work hard to lift your head to see forwards. This means your muscle fibres can't relax, leading to the build-up of knots.'

PREVENT IT

'Improved riding posture will prevent it, while self-massage and stretching will alleviate it. After a ride, sit on a chair and grab its bottom with one hand. Tilt your head to the other side and pull it down further with your other hand. Hold for one minute, three times each side. Applying pressure with self-massage and heat will also help.'

PETE HOWE

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FELL RUNNING

Going downhill fast is actually a good thing. Fell runner Damian Hall explains why he loves the sport



Fell is an old name for a hill in the north of England, and fell races usually go to the top of one, then back down again.

That sounds simple (races can be as short as 45 minutes) but it's actually as brutal as a barrel-load of chainsaws. The terrain is rough, the gradient unfriendly, and your quads and calves will shriek, but it'll get you in shape to tackle any running challenge.

I've been fell running for a couple of years and I've finished in a few top fives, including the Welsh 1,000m Peaks Race (32km with 2,678m of ascent), as well as completing the South Wales Traverse (118km across 31 summits over 600m with 5,000m of ascent). Here's how to conquer the hills.

ON THE UP

Running steep uphill is fine – for about 30 seconds. In a fell race it'll be 30 minutes

minimum. It's not long before your legs are filling with lactic acid and you'll want to stop, sit down and possibly cry. The solution is better endurance. Build up until you can run on hill terrain for at least 90 minutes. Add hill sprints to build fell-specific muscles and raise both your lactic threshold and VO_2 max – do 50 seconds steeply uphill at high intensity for six reps, with a recovery jog back down. Increase the session by two reps each time.

DOWN TIME

The downhill is your giddy reward for the climb, but it takes skill and concentration. It'll be steep, treacherously uneven and unstable, but the relief of being able to move at speed can make you go too fast and fall. Most of the stress goes through your quads, ankles and knees (see the box below for tips), and you can strengthen your quads and ankles with cycling and hill walks.

CENTRE STAGE

Uneven terrain asks big questions of your body, but the stronger your core, the faster and more safely you'll move. To build core strength, do double- and single-leg bridges and side planks with your top leg raised. Start with 15-second holds and increase the hold time as they get easier.

FELLS WITH BENEFITS

Exercising outdoors taps into the 'biophilia effect' – your innate desire to be connected to nature and the psychological lift that gives. Hill running also hones proprioception (your sense of balance and body awareness) as well as developing strength and responsiveness in joints and muscles. Running off-road offers more of a workout than road running – lateral muscles are used, for example, such as the peroneal and adductor muscles – and fell running turns it all up to 11.

RUN RIGHT Sports therapist Marcus Scotney (marcusscotney.com) hones your fell running technique



RUNNING UPHILL

'Be economical. If you put in too much effort at the base of the hill you'll have nothing left for the top and the downhill.'

Keep your stride short and light, driving with your arms at your side like pistons. Walking can be just as quick on steep climbs.'



RUNNING DOWNHILL

'Lean slightly back, bend your knees and rock back onto your heels. Keep your arms out to the sides to act

as stabilisers – you might feel like a gorilla, but it works. Keep relaxed so you don't lock your quads up, and let gravity take over.'



TOUGHEN UP

'Hill running needs strong muscles, ligaments and tendons. Standing on one leg for as long as

you can helps – doing it on a wobble board will strengthen ankles. No board? Even one-legged stands will help.'

HEAD FOR THE HILLS

Get your fix of ups and downs across the UK with the best fell races in the country

MF
TOP
PICK



MF TOP PICK SCAFELL PIKE FELL RACE, LAKE DISTRICT

19TH SEPTEMBER

The race up England's highest peak is just 7.2km in distance, but that includes a climb of 914m, so expect unpleasantness. Also Scafell Pike isn't especially well renowned for its friendly terrain or fair weather. Time for your big boy pants. cfra.co.uk

EDALE SKYLINE FELL RACE, PEAK DISTRICT

MARCH 2016

Renowned for its challenging weather, this Peaks classic of almost 34km has a total ascent of 1,387m. It can be boggy, with 'technical' (rocky) sections and much of the route is high and exposed. dpfr.org.uk

WELSH 1,000M PEAKS RACE, SNOWDONIA

JUNE 2016

Long for a fell race, this gruelling 32km race takes in the five highest summits in Wales, starting at sea level and ending at the top of Snowdon. The perfect mix of beauty and brutality. welsh1000m.org

CHARMOUTH CHALLENGE, DORSET

JULY 2016

'Scenery with a sting' is how the Charmouth Challenge markets itself. While it isn't as brutal as most northern options, the 13km course includes a calf-crunching ascent of Golden Cap, the highest point on England's south coast. Ideal for beginners. charmouthchallenge.co.uk

BEN NEVIS RACE, FORT WILLIAM

5TH SEPTEMBER

As well as being historic (it dates to 1895) and hard as hell (it crests the highest peak in the British Isles), this is arguably the classic fell race. It starts and finishes on the outskirts of Fort William, and is 14km long with 1,340m of ascent. The record is 1hr 25min 34sec. bennevisrace.co.uk

THREE PEAKS RACE, YORKSHIRE DALES

30TH APRIL 2016

Another long and gruelling classic. As the name suggests, the 37km route goes to the summits of Yorkshire's three pre-eminent peaks, Pen-y-ghent, Wharfedale and Ingleborough. Yorkshire in April? Brrr. The website carries warnings about hypothermia. threepeaksrace.org.uk

BOX HILL FELL RACE, SURREY

JANUARY 2016

To be an official fell race, a route has to meet strict Fell Running Association criteria and there are only a handful in the south of England. The popular Box Hill Fell race has been going for 35 years, is 12km long and renowned for being muddy and slippery. slow.org.uk

FELL ESSENTIALS

Dominate the field with equipment fit for any budget



» HIGH-END

Inov-8 Race Ultra Shell
£100 sportsshoes.com
Mandatory fell race kit includes a waterproof jacket and trousers. If the weather turns nasty, you'll depend on them. Inov-8's new Race Ultra Shell is super-lightweight at just 125g, has taped seams (also mandatory) and allows race numbers to be seen through it. The Ultra running trousers (£70) are even lighter at just 95g.



» MID-RANGE

Salomon S-Lab Advanced Skin 1 Belt Set

£60 salomon.com/uk
Bumbags are de rigueur for carrying all your kit. The Advanced Skin is comfortable, eliminates bouncing and twisting, and has lots of pockets.

» BUDGET

SmartWool Run PhD
From £10 smartwool.com
Good socks cushion your toes while ventilating and wicking away sweat to deter blisters. Wool also retains warmth even if wet. These SmartWool ones are long-lasting.





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BODY WORK

Embrace chaos to grow leaner, stronger and better prepared for everyday life

Life can be chaotic at times so it follows you should train chaotically to prepare. Borrowing the principle from Edward Lorenz, the father of mathematical chaos theory, chaos training exposes elite athletes to the random forces they may encounter in competition.

'While you may not train for professional sport, the ability to deal with the random nature of life - from sprinting for a bus to hauling a TV upstairs - should be a primary goal of how you exercise,' says David Lewis of Embody Fitness (embodyfitness.co.uk), who devised this plan. 'These

workouts will throw an array of multidirectional forces on your body to develop a well-rounded, balanced physique, while keeping your muscles guessing so they keep on growing.'

Lorenz, a keen climber and cross-country skier, would almost certainly approve.



THE PLAN

There are two programmes, both one-week plans with three full-body workouts. Week 1 works basic movement patterns that are essential to master before you move on to Week 2, which includes dynamic lifts that expose your body to non-linear forces and develop real-world strength.

THE WORKOUT

All the workouts are made up of a mixture of whole-body compound lifts, unilateral moves and explosive movements. Have at least one rest day between each workout, select a weight that allows you to complete all reps with good form and follow the tempo and rest guides closely.

PROGRESSION

To get the greatest benefit, do the Week 1 plan for three weeks, then move on to Week 2. Each week, aim to slightly increase the weight you lift or the number of reps you do. This will develop strength and muscle growth while the chaotic methodology ensures you keep progressing.

THIS MONTH'S TRAINER



DAVID LEWIS is head of personal training at

London's Embody Fitness gym and a former junior powerlifting champion with a record of 445kg (when weighing just 69kg). Follow @embodydavestrength

WEEK 1

Keep your rest short and form strong to build lean, muscular foundations

WORKOUT 1

FULL BODY



1A// BACK SQUAT

SETS 3 REPS 12 REST 60SEC TEMPO 4010

With your feet just wider than shoulder-width apart, rest the bar on the back of your shoulders. With your chest up and core braced, squat down until your thighs are at least parallel to the floor, making sure your knees stay wide apart. Drive back up through your heels to stand. Aim to use a weight that's around 85% of your one-rep max.



1B// NEUTRAL-GRIP DUMBBELL BENCH PRESS

SETS 3 REPS 12 REST 60SEC TEMPO 4010

Lie on a flat bench, holding dumbbells either side of your chest with a neutral grip so your palms are facing. Drive your feet hard into the floor and press the weights straight up, then lower them slowly back to the start.



PAIRED EXERCISES EXPLAINED

In each of these workouts, the exercises are paired. Complete a set of exercise A, rest as indicated and then complete a set of exercise B. Alternate A and B until you have completed all the sets.



2A// BARBELL HIP THRUST

SETS 3 REPS 12 REST 60SEC TEMPO 3011

Sit with your back against a bench holding a loaded barbell just above your hips. Plant your feet on the floor, drive through your heels, contract your glutes and raise your hips until they're above your knees. Pause at the top, then lower. Don't let your glutes touch the floor between reps.



2B// SINGLE-ARM ROW

SETS 3 REPS 12 EACH SIDE REST 60SEC TEMPO 3011

Support your knee on the bench with the other leg planted wide for balance. Keep a natural arch in your back and your core braced. Keeping your elbow tucked in, lift the weight slowly to the side of your chest. Pause and return very slowly. Complete all reps on one side, then the other.



3A// FARMER'S WALK

SETS 3 DISTANCE 40M REST 60SEC TEMPO N/A

Pick up the heaviest dumbbells or kettlebells you can handle and walk with your chest out, standing tall with your arms straight at your sides. If space is limited, walk in a figure-of-eight pattern.



3B// GYM BALL PLANK

SETS 3 TIME 60SEC REST 60SEC TEMPO N/A

Get into a press-up position with your elbows on a gym ball and your feet shoulder-width apart on the floor. Keep your core and glutes tight to keep your hips up and body in line.

WORKOUT 2

FULL BODY

TEMPO EXPLAINED

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift the weight and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.

1A// ROMANIAN DEADLIFT

SETS 3 REPS 12 REST 60SEC TEMPO 4010

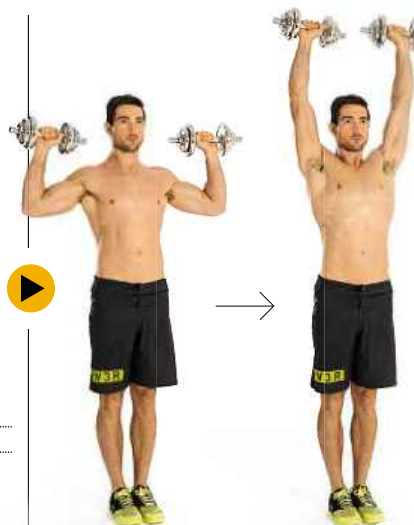
Keeping your legs slightly bent and back straight, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forward to stand.



1B// DUMBBELL MILITARY PRESS

SETS 3 REPS 12 REST 60SEC TEMPO 4010

Stand with your feet together holding the weights so your upper arms are horizontal and palms face forwards. Brace your core and glutes to keep your balance and press the weights straight up so your biceps are close to your ears, then lower to the start.



2A// DUMBBELL WALKING LUNGE

SETS 3 REPS 12 EACH SIDE REST 60SEC TEMPO N/A

Holding dumbbells, lunge forwards, keeping your front knee over your foot. Lower until your back knee is just off the floor, then drive through your front foot to stand. Continue, alternating legs.



2B// CHIN-UP

SETS 3 REPS 8 REST 60SEC TEMPO 3011

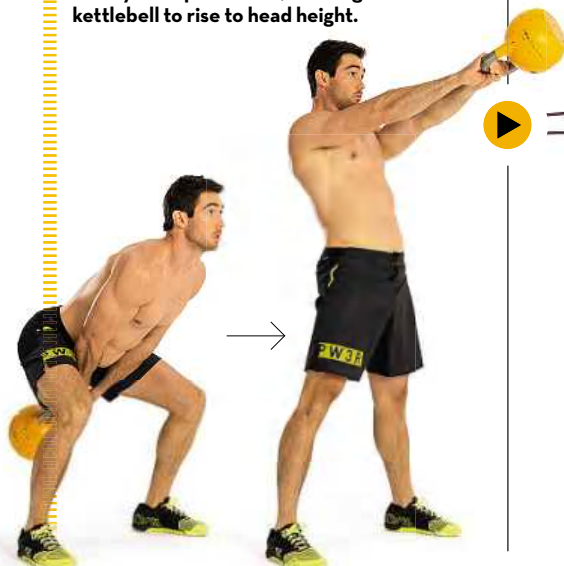
Hold a chin-up bar with an underhand grip, hands shoulder-width apart. Brace your core and pull yourself up until your chin is over the bar, keeping your elbows tucked in close to your body, then lower under control.



3A// KETTLEBELL SWING

SETS 3 REPS 30 REST 60SEC TEMPO N/A

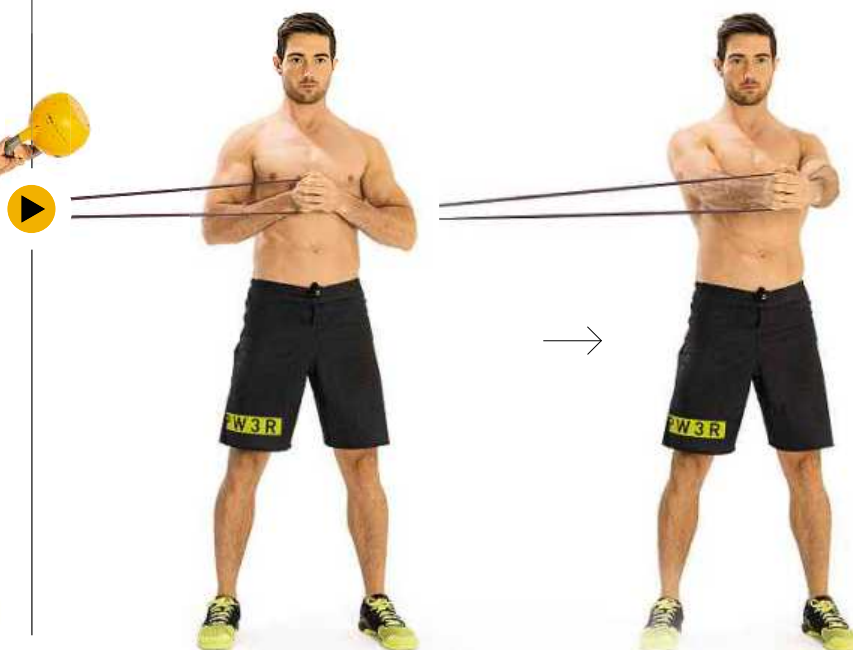
Stand with feet shoulder-width apart and push the kettlebell off your body to start the swing. As you lower, hinge at the hips by pushing your glutes back. When you feel a stretch in your hams, drive your hips forward, allowing the kettlebell to rise to head height.



3B// BAND PALLOF PRESS

SETS 3 REPS 12 EACH SIDE REST 60SEC TEMPO 2020

Attach a resistance band to a piece of equipment at chest height and stand perpendicular to it so it's fully stretched. The further away you stand to where it's attached, the harder you'll have to work. Keep your core tight to resist rotating and straighten your arms, pause, then bring your hands back to your chest.



WORKOUT 3

FULL BODY



1A// SNATCH-GRIP DEADLIFT

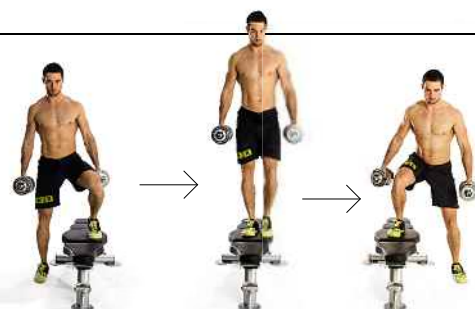
SETS 3 REPS 8 REST 60SEC TEMPO 4010

Grasp the bar with hands double shoulder-width apart, arms straight and shoulder blades retracted. Keeping your chest up and your back straight, drive down through your heels and push your hips forwards as you pull the bar up your legs to stand tall.

1B// INCLINE DUMBBELL BENCH PRESS

SETS 3 REPS 12 REST 60SEC TEMPO 4010

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Drive your feet into the floor and press the weights straight overhead, then lower slowly.



2A// LATERAL STEP-OVER

SETS 3 REPS 8 EACH SIDE REST 60SEC TEMPO N/A

Stand side-on to a bench, holding dumbbells by your sides with straight arms. Step sideways onto the bench one foot at a time, keeping your body tall by bracing your core. Then step down on the other side. Reverse the move to the start.



3A// GOBLET SQUAT

SETS 3 REPS 30 REST 60SEC TEMPO 2010

Hold an upturned kettlebell with both hands so the handle points down. Keep your back straight and chest up and lower into a deep squat, keeping your elbows inside your knees at the bottom of the move. Drive through your heels to stand.



2B// REVERSE-GRIP BENT-OVER ROW

SETS 3 REPS 12 REST 60SEC TEMPO 4010

Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Holding the bar with an underhand grip just outside your legs, pull the weight up to your lower sternum, then lower slowly.



3B// PENDLAY POWER ROW

SETS 3 REPS 12 REST 60SEC TEMPO 4010

Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. Starting with the bar on the floor, grasp it with an overhand grip just outside your legs and powerfully pull the weight up to your lower sternum. Lower it to the floor.

WEEK 2

Prepare your body for anything with these advanced workouts

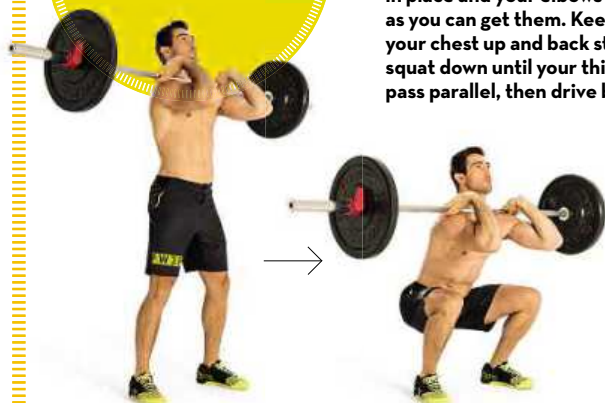
WORKOUT 4

FULL BODY

1A// FRONT SQUAT

SETS 3 REPS 8 REST 10SEC TEMPO 3010

Rest the bar across your upper chest with your hands holding it in place and your elbows as high as you can get them. Keeping your chest up and back straight, squat down until your thighs pass parallel, then drive back up.



1B// TUCK JUMP

SETS 3 REPS 10 REST 90SEC TEMPO 10X0

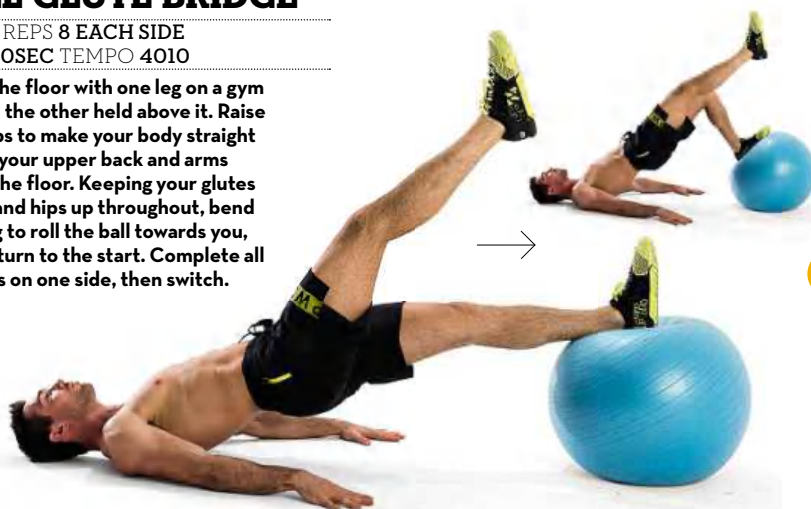
Lower into a half squat and then drive through your feet to jump up explosively. At the same time tuck your knees towards your chest. Bend your knees to cushion your landing and continue straight into the next rep.



2A// SINGLE-LEG GYM BALL GLUTE BRIDGE

SETS 3 REPS 8 EACH SIDE REST 60SEC TEMPO 4010

Lie on the floor with one leg on a gym ball and the other held above it. Raise your hips to make your body straight so only your upper back and arms are on the floor. Keeping your glutes strong and hips up throughout, bend your leg to roll the ball towards you, then return to the start. Complete all the reps on one side, then switch.



2B// BAND BENT-OVER ROW

SETS 3 REPS 10 REST 60SEC TEMPO 3011

Stand on the middle of the band and hold the ends in your hands. Bend your knees slightly and hinge forward from the hips, keeping your back slightly concave and your shoulder blades back throughout. With your palms facing each other, draw your elbows straight up until your hands are level with your chest, then lower slowly.



3A// JUMP LUNGE

SETS 3 REPS 15 EACH SIDE REST 60SEC TEMPO 10X0

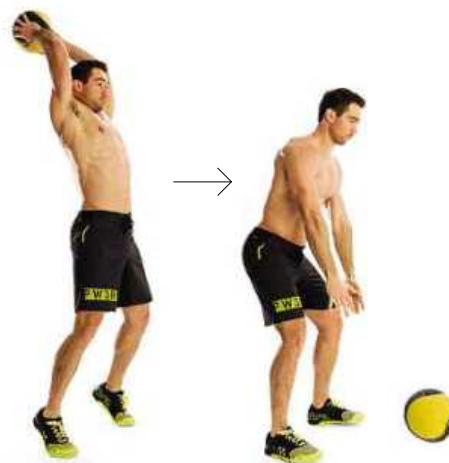
Start in a forward lunge position. Jump off the ground by driving up with your front leg. Swap your legs over in mid-air so you land with the other leg forward. Keep alternating legs.



3B// MEDICINE BALL SLAM

SETS 3 REPS 10 REST 60SEC TEMPO N/A

Hold a medicine ball in two hands and stand with feet shoulder-width apart. Raise the ball high above your head, rising up onto the balls of your feet, and contract your core as you powerfully slam the ball as hard as you can into the floor in front of you. Catch the ball as it bounces up and continue straight into the next rep.



WORKOUT 5

FULL BODY

1A// BENCH PRESS

SETS 3 REPS 8 REST 60SEC TEMPO 3010

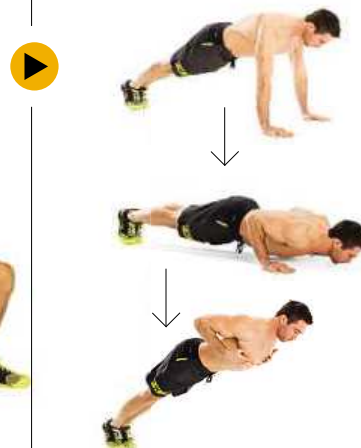
Lie on a flat bench holding the bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weights straight up powerfully, then lower slowly back to the start position.



1B// GORILLA PRESS-UP

SETS 3 REPS 10 REST 90SEC TEMPO 10X0

Start in a press-up position. Lower to the ground, then explode up fast and bring your hands off the floor to slap them against your chest. Put your hands back out to land and continue straight into the next rep.



2A// NORDIC CURL

SETS 3 REPS 10 REST 60SEC TEMPO 3011

Kneel with your feet secured by a training partner. Start with your back upright, glutes and core tight, then slowly fall forwards, using your hamstrings to resist gravity. Put your hands out to brace your fall and press back up to the start.



2B// RENEGADE ROW

SETS 3 REPS 12 EACH SIDE REST 60SEC TEMPO 2011

Start in a press-up position with your feet shoulder-width apart and a dumbbell in each hand. Brace your core to keep your hips static and row one dumbbell upwards, drawing the weight towards your armpit. Alternate sides.



3A// OVERHEAD SQUAT

SETS 3 REPS 12 REST 60SEC TEMPO 2010

Start light. Take the widest grip you can on the bar and press it overhead, locking your arms. Try to pull your hands apart - this will help brace your upper back and shoulders. Keep your weight on your heels as you lower into a squat, then drive back up to stand.



3B// KETTLEBELL SUITCASE CARRY

SETS 3 DISTANCE 30M EACH SIDE REST 60SEC TEMPO N/A

Hold a heavy kettlebell in one hand with your arm by your side. Keep your core braced and chest up to resist being pulled to one side, as you walk forwards. Walk in figures of eight if space is tight.



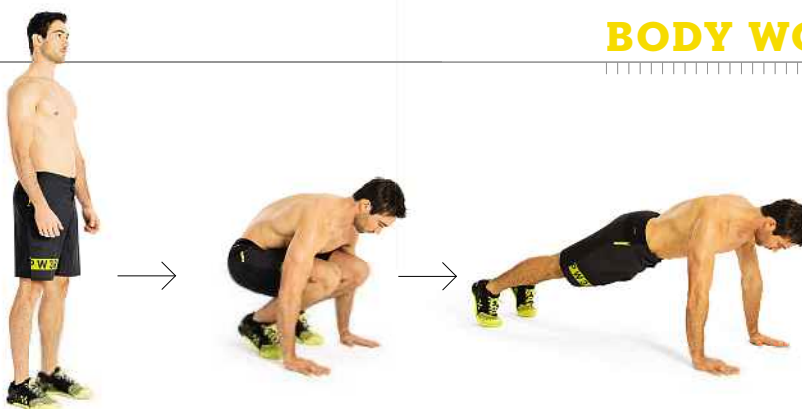
WORKOUT 6

FULL BODY

1A// DEADLIFT

SETS 3 REPS 8 REST 10SEC TEMPO 2010

Hold the bar with hands shoulder-width apart and a mixed grip so one palm faces away and the other towards you. Start with your arms straight and knees slightly bent. Keeping your chest up and your back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand tall.



1B// BURPEE

SETS 3 REPS 15 REST 90SEC TEMPO 10X0

From standing, drop down and place your hands on the floor outside your feet. Jump your feet back so you're in the top of a press-up position, then back to between your hands. Jump up and clap your hands overhead.



2A// WEIGHT PLATE BULGARIAN SPLIT SQUAT

SETS 3 REPS 12 EACH SIDE REST 60SEC TEMPO 3010

Hold the weight plate to your chest and place one foot on a bench behind you. Bend your front leg to lower your body, keeping your chest up and front knee in line with your toes. Drive back up through your front foot to return to the start.



2B// FLOOR PRESS

SETS 3 REPS 10 REST 60SEC TEMPO 20X0

Lie with your legs bent so your soles of your feet are flat on the floor. Roll the bar into position above the middle of your chest. Grasp it with hands just wider than shoulder-width apart, then drive your feet and back into the floor and powerfully press the bar above you. Lower it until your upper arms touch the floor and repeat.

3A// SINGLE-LEG BARBELL GLUTE BRIDGE

SETS 3 REPS 12 EACH SIDE REST 60SEC TEMPO 3011

Lie on the floor with a loaded barbell above your hips. Straighten one leg and plant the other leg on the floor. Press down and drive your hips up powerfully, squeezing your glutes hard. Lower until your glutes are just off the floor.



3B// BARBELL ROLL-OUT

SETS 3 REPS 12 REST 60SEC TEMPO 2020

Kneel in front of a loaded barbell, holding it with a shoulder-width overhand grip. Keeping your arms straight and shoulders and core braced, roll the bar out as far as you can without collapsing. Reverse the movement back to the start.



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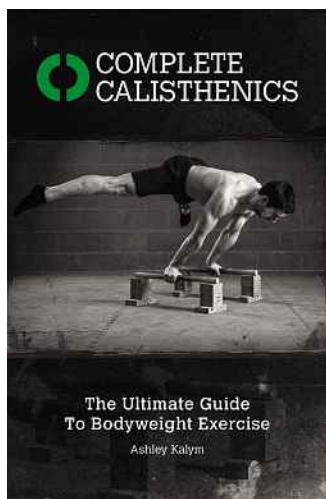
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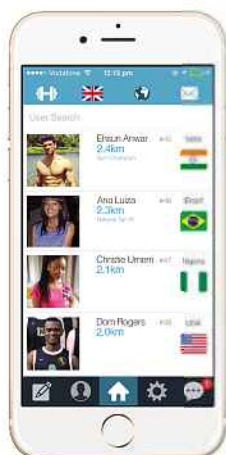
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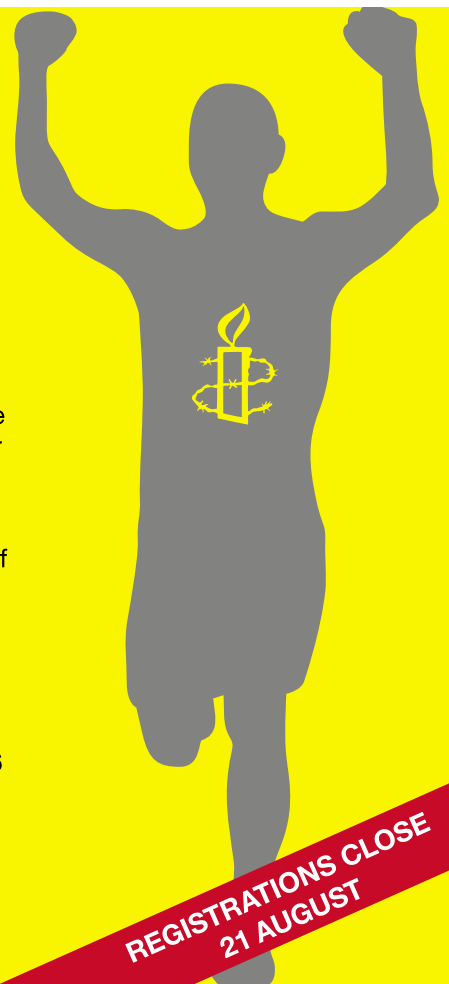
Help us stop torture by setting yourself a challenge to run the Royal Parks Foundation Half Marathon for Amnesty International. It will do you a world of good – and you'll be helping Amnesty's campaign to stop torture.

Together we are powerful.

Do you want an Amnesty place in the race? Do you have a place already? Either way, if you want to help stop torture, contact Daisy on 020 7033 1646 or team@amnesty.org.uk

Amnesty International

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BIG DATA

CRUNCHING THE MOST IMPORTANT NUMBERS IN FITNESS THIS MONTH



The number of extra trees in a city block it takes to improve the health of residents, according to a study published in *Nature* magazine. The effect was comparable to being seven years younger... or earning \$10,000 a year more.



10p

The 'sugar tax' Jamie Oliver is adding to fizzy drinks in his restaurants. The money raised will go to initiatives aimed at educating children about obesity.



3,360KM

The length of the 2015 Tour de France, 2,385km shorter than the longest in history, hosted in 1926. That punishing course wasn't good for the French, who didn't have a single stage winner - something that's only ever happened once since (in 1999, in case you're wondering).

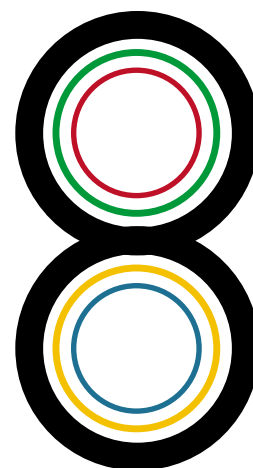
1,353,506

The number of spectators at the 2015 FIFA Women's World Cup, making it the best-attended in history - even without FIFA boss Sepp Blatter in attendance. Guess they didn't need to wear tighter kit after all, eh Sepp?

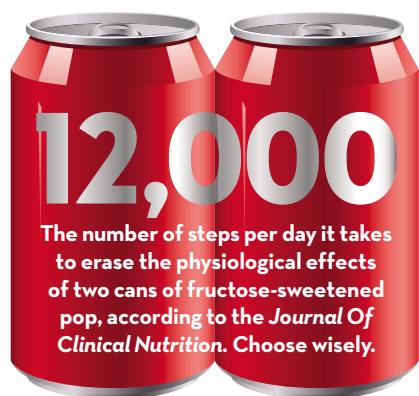


The loss in 'mental executive function' associated with regular steroid use, according to a study conducted by Northumbria University.

Paying attention, co-ordinating information and planning were all affected. Stick to protein powder.



The number of sports under consideration for inclusion in the 2020 Olympics: candidates include squash, bowling, sport climbing... and MF pick karate.



The number of steps per day it takes to erase the physiological effects of two cans of fructose-sweetened pop, according to the *Journal Of Clinical Nutrition*. Choose wisely.



The minimum number of hours it takes to train as a Wimbledon ball boy or girl. Applicants join up in February and go through technique/cardio sessions once a fortnight until the tournament.



The increase in people who take the stairs if an escalator's twice as far away, according to the journal *Environment & Behaviour*. Take note, architects.



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